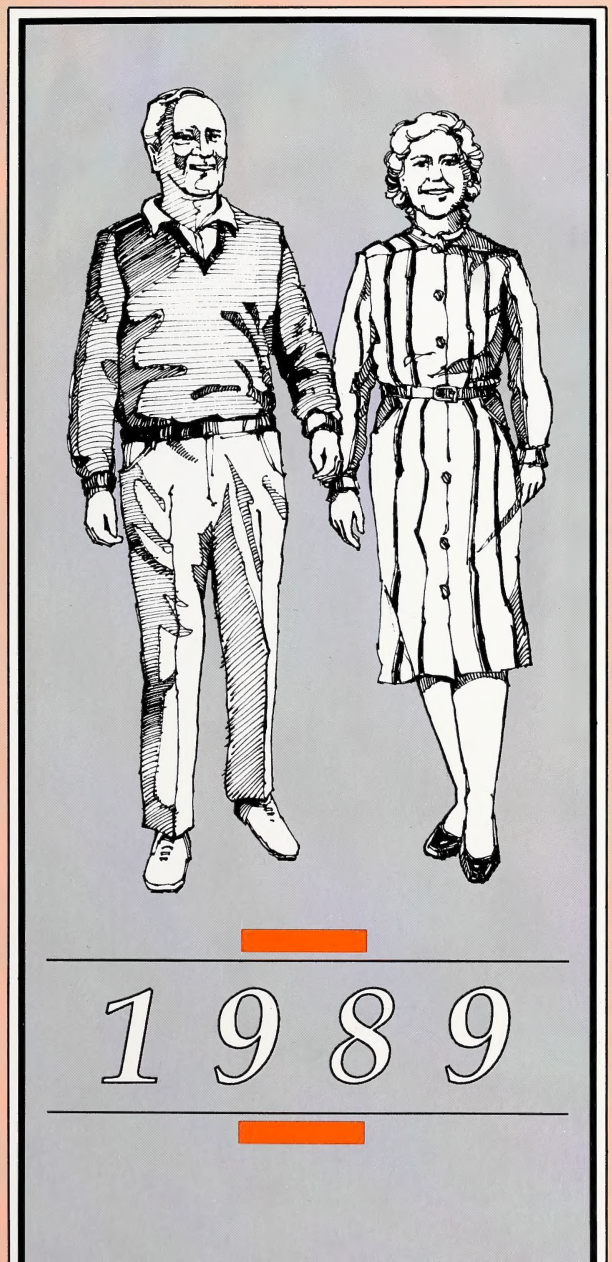
AL.1.781

PROGRAMS FOR SENIORS



WORKING TOGETHER FOR YOU

Alberta government departments are working together to provide Alberta's senior citizens with a comprehensive range of services. Encouraging coordination of all of these services is the Interdepartmental Coordinating Committee on Senior Citizens. Representatives meet regularly to exchange information on new program plans and program changes that will affect Alberta's senior citizens.

THE INTERDEPARTMENTAL COORDINATING COMMITTEE ON SENIOR CITIZENS

Alberta Advanced Education

Alberta Consumer and Corporate Affairs

Alberta Health

Alberta Mortgage and Housing Corporation

Alberta Municipal Affairs

Alberta Municipal Affairs, Housing Division

Alberta Recreation and Parks

Alberta Senior Citizens Secretariat

Alberta Social Services

Alberta Transportation and Utilities

Alberta Women's Secretariat

CANADIANA
APR 24 1989

THIS BOOK MAY BE ORDERED FREE OF CHARGE FROM:

The Alberta Senior Citizens Secretariat
10035 - 108 Street, Main Floor
Edmonton, Alberta
T5J 3E1

427-7876

Outside of Edmonton, you can telephone this office free of charge by calling the Government of Alberta information number (which is listed in your local Alberta Government telephone directory) and asking for the Senior Citizens Secretariat.

LEGISLATIVE ASSEMBLY
ALBERTA

Constituency Office:
208 - Stockton Avenue, Okotoks
Box 987
OKOTOKS, ALBERTA T0L 1T0
Telephone: (403) 938-7774

Legislative Office:
717 Legislature Annex
EDMONTON, ALBERTA T5K 2B6
Telephone: (403) 427-1826

January, 1989

As the Member of the Legislature appointed by the Provincial Government to be responsible for the Senior Citizens Secretariat and chairman of the Provincial Senior Citizens Advisory Council, I am pleased to bring you this revised edition of our Programs for Seniors booklet.

The Senior Citizens Secretariat would be interested in your comments and suggestions regarding this publication as these would be helpful in improving the next updating of the booklet.

This publication describes the major highlights of programs and services provided by the federal and provincial governments. The information is current as of late 1988, but programs change without notice. It is advisable to contact offices listed to ensure changes have not occurred, or to obtain more complete details about programs.

I hope you will find this booklet useful.

Yours very sincerely,

Harry E. Alger
M.L.A., Highwood,
Chairman, Provincial Senior
Citizens Advisory Council

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CONGRATULATORY MESSAGES

FROM THE QUEEN, GOVERNOR GENERAL, PRIME MINISTER, OR THE PREMIER FOR SPECIAL ANNIVERSARIES AND SPECIAL BIRTHDAYS

A letter from the **Premier** may be requested for the 75th birthday and a scroll may be requested each fifth year thereafter to age 95 and yearly after that. A letter can be sent out for the 30th to 49th wedding anniversaries and a scroll may also be requested for the 25th, 50th, 55th, 60th and 65th wedding anniversaries as well as for each year after the 65th. The Premier of Alberta's correspondence office can be reached at 427-5102 in Edmonton, or contact your member of the Legislative Assembly (MLA). Requests should be made one month before the special birthday or anniversary.

A letter from the **Governor General** can be arranged for a 25th to 49th wedding anniversary and a scroll can be obtained for the 50th as well as each fifth year thereafter. The Governor General will also acknowledge the 75th birthday and each subsequent fifth year.

The **Prime Minister** of Canada will also send out scrolls for a 75th birthday and each fifth year after that as well as letters for a 25th to 49th wedding anniversary and a scroll on the 50th as well as each subsequent fifth year.

A scroll from the **Queen** may be requested in honour of a 100th birthday and every five years thereafter as well as for the 60th wedding anniversary. If a request was not submitted for a 60th anniversary, one can be made from the 61st to 65th year.

Requests to the Governor General, Prime Minister or the Queen should be made through a Member of Parliament (MP) at least three months in advance of the special date and should be accompanied by a birth or marriage certificate (depending on the occasion).

FREQUENTLY CALLED NUMBERS

Alberta Assured Income Plan	Edmonton		427-7286
Alberta Blue Cross	Calgary		234-9666
	Edmonton		428-1110
	Grande Prairie		532-3505
	Lethbridge		328-6081
	Medicine Hat		529-5550
	Red Deer		343-7008
Alberta Health Care Insurance Plan	Calgary		297-6411
	Edmonton		427-1432
Alberta Widows' Pension Program			422-4080
Bus Passes	Calgary		268-5111
	Edmonton		428-8868
	Lethbridge		320-2222
	Red Deer		342-8111
Dental claims, Edmonton			427-1471
Eyeglasses claims, Edmonton			427-1470
Federal Income Security Programs	Calgary	(English)	292-5599
		(French)	292-5877
	Edmonton	(English)	420-2630
		(French)	420-2735
	Lethbridge		327-2155
	Red Deer		343-1344
	All other areas:	(English)	1-800-661-3921
		(French)	1-800-661-8828
Hearing Aid claims (Aids to Daily Living)			427-0731
Home Adaptation Program, Edmonton			427-8161
Home Heating Protection Program			422-4098
Medical Supplies claims (Aids to Daily Living)			427-0731
Parks - National, Calgary			292-4517
Parks - Provincial, Edmonton			427-7338
Property Tax Reduction, Edmonton			422-2118
Renters Grant, Edmonton			422-5974
Senior Citizens Secretariat, Edmonton			427-7876
Seniors' Home Improvement Program Extension, Edmonton			427-5760

GENERAL INFORMATION

LOCAL INFORMATION AND REFERRAL CENTRES

These centres can provide you with information about programs and services for people age 65 or over. Efforts are made to answer all questions. Some centres publish booklets listing the services available.

In areas where there are not any senior centres providing information, some Family and Community Support Services offices provide this service. These are also listed.

AIRDRIE
Social Planning Unit
City of Airdrie
Box 3400
T4B 2B6 (948-5907 Ext. 250)

ALIX
Family and Community Support Services
Box 306
T0C 0B0 (747-2030)

ATHABASCA
Family and Community Support Services
Box 90
T0G 0B0 (675-2623)

BANFF
Family and Community Support Services
Box 1835
T0L 0C0 (762-4426)

BARRHEAD
Family and Community Support Services
Box 488
T0G 0E0 (674-3341)

BASSANO
Family and Community Support Services
Box 120
T0J 0B0 (641-3520)

BLAIRMORE
Family and Community Support Services
Crowsnest Pass Information Centre
Box 326
T0K 0E0 (562-8862)

BON ACCORD
Family and Community Support Services
Box 100
T0A 0K0 (921-3550)

BONNYVILLE
Family and Community Support Services
Box 1665 (5000B - 49 Avenue)
T0A 0L0 (826-2120)

BROOKS
Family and Community Support Services
Box 880
T0J 0J0 (362-3333)

CALGARY
Kerby Centre
1133 - 7 Avenue S.W.
T2P 1B2 (265-0661)

Senior Citizens' Central Council of Calgary
922 - 9 Avenue S.E.
T2G 0S4 (266-6200)

CAMROSE
Camrose District Senior Centre
5415 - 49 Avenue
T4V 0N6 (672-7022)

CANMORE
Family and Community Support Services
Box 460 (1900 - 8 Avenue)
T0L 0M0 (678-5597)

CLARESHOLM
Porcupine Hills Family and Community Support Services
Box 1297
T0L 0T0 (625-4417)

COALDALE
Barons-Eureka-Warner
Family and Community Support Services
Box 328 (2012 - 18 Street)
T0K 0L0 (327-6507)

COLD LAKE
Lakewood Family and Community Support Services
Box 87 (311 - 10 Street)
T0A 0V0 (639-3626)

DIDSBURY
Family and Community Support Services
Box 1511 (2037 - 19 Avenue)
T0M 0W0 (335-9255)

DRUMHELLER
City of Drumheller
Family and Community Support Services
Box 430
T0J 0Y0 (823-6300)

ECKVILLE
Family and Community Support Services
Box 578
T0M 0X0 (746-3177)

EDMONTON
The Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3 (423-5510)

EDSON
Family and Community Support Services
Box 1388
T0E 0P0 (723-4401)

FALHER
Smoky River Family and Community Support Services
Box 487
T0H 1M0 (837-8311)

FORT CHIPEWYAN
Senior Citizens Program
Box 120
T0P 1B0 (697-3627 or 3674)

FORT MACLEOD
Family and Community Support Services
Box 232
T0L 0Z0 (553-4491)

FORT MCMURRAY
Legion Senior Citizens Program
3rd Floor, City Hall
9909 Franklin Avenue
T9H 2K4 (743-7921)

FORT SASKATCHEWAN
Family and Community Support Services
10005 - 102 Street (mailing address)
10213 - 100 Avenue (office address)
T8L 2C5 (998-5151 or 2266)

FROG LAKE
Family and Community Support Services Centre
Box 80
T0A 1M0 (943-2211)

GIBBONS
Family and Community Support Services
Box 68
T0A 1N0 (923-3331)

GRAND CENTRE
Cold Lake First Nations
Box 1769
T0A 1T0 (594-7183)

GRANDE PRAIRIE
Grande Prairie and Area Council on Aging
10222 - 101 Avenue
T8V 0Y5 (539-6255)

HANNA
Hanna Community Services Department
Box 430 (114 - 4 Avenue East)
T0J 1P0 (854-4700)

HIGH LEVEL
Family and Community Support Services
Box 208 (10009 - 99 Street)
T0H 1Z0 (926-2267)

HIGH PRAIRIE
Lesser Slave Lake Family and Community Support Services
Box 999
T0G 1E0 (523-4441)

HIGH RIVER
Town of High River
Family and Community Support Services
Bag #10
T0L 1B0 (652-2307, Ext. 18 or 19)

HINTON
Community Services, Seniors' Advisor
Town of Hinton
813 Switzer Driver
T0E 1B0 (865-2217, Ext. 47)

JASPER
Family and Community Support Services
Box 1090
T0E 1E0 (852-3381)

KILLAM
Flagstaff Family and Community Support Services
Box 450
T0B 2L0 (385-3976)
Toll-free in Flagstaff area (Zenith 22226)

LAC LA BICHE
Family and Community Support Services
Box 756
T0A 2C0 (623-4463)

LACOMBE
Seniors Information Outreach Coordinator
Box 1179
T0C 1S0 (782-6637)

LEDUC
Senior Citizens Coordinator
Family and Community Support Services
Leduc Civic Centre
1 Alexandra Park
T9E 4C4 (986-2261, Ext. 131)

LESSER SLAVE LAKE (see High Prairie)

LETHBRIDGE
Lethbridge Senior Citizens Organization
Senior Centre
500 - 11 Street South
T1J 4G7 (320-2222)

LLOYDMINSTER
Seniors Coordinator
Family and Community Support Services
6th Floor, 5116 - 50 Street
T9V 0M3 (875-9127)

MANNVILLE-MINBURN-INNISFREE
Family and Community Support Services
Box 534
Mannville
T0B 2W0 (763-3005)

MEDICINE HAT
The Veiner Centre
225 Woodman Avenue S.E.
T1A 3H2 (529-8383)

NANTON
Family and Community Support Services
Box 910
T0L 1R0 (646-2436)

PROVOST
Senior Needs Association
Box 758 (Provincial Building)
T0B 3S0 (753-2280)

RED DEER
Golden Circle Senior Centre Outreach
4620 - 47 Avenue
T4N 3P5 (343-6074)

RIMBEY
Family and Community Support Services
Box 404 (Provincial Building)
T0C 2J0 (843-2030)

SHERWOOD PARK
Strathcona Family and Community Support Services
205 Athabascan Avenue
T8A 4C8 (464-4044)

SLAVE LAKE
Lakelands Family and Community Services
Box 858 (SLD Building)
T0G 2A0 (849-5325)

SPRUCE GROVE
Family and Community Support Services
City of Spruce Grove
410 King Street
T7X 2Z1 (962-2611, Ext. 135)

STANDARD
Wheatland Family and Community Support Services
Box 361
T0J 3G0 (644-3839)

STETTLER
Stettler and District Information and Referral
Box 2097 (4702 - 50 Avenue)
T0C 2L0 (742-2337)

STRATHMORE
Strathmore Information Centre
Seniors Outreach Coordinator
208 - 2 Avenue
T0J 3H0 (934-5335)

ST. ALBERT
St. Albert Seniors
7 Tache Street
T8N 2S3 (458-2771)

ST. PAUL
Family and Community Support Services
Box 1480
T0A 3A0 (645-5311)

SUNDRE
Family and Community Support Services
Box 705
T0M 1X0 (638-3220)

SWAN HILLS
Family and Community Support Services
Box 607 (Swan Hills Municipal Bldg.)
T0G 2C0 (333-4303)

TURNER VALLEY
Family and Community Support Services
Box 330
T0L 2A0 (933-4944)

TWO HILLS
Family and Community Support Services
Box 687
T0B 4K0 (657-3540)

VEGREVILLE
Family and Community Support Services
Box 809
T0B 4L0 (632-3966)
Home Services Program (632-3954)

VIKING
Family and Community Support Services
Box 688
T0B 4N0 (336-4024)

WAINWRIGHT
Wainwright District Support Services
Box 1391 (824 - 4 Avenue)
T0B 4P0 (842-2777)

WESTLOCK
Family and Community Support Services
Box 1266
T0G 2L0 (349-5900)

WILDWOOD
Family and Community Support Services
Box 300 (4930 - 51 Avenue)
T0E 2M0 (325-3782)

ALBERTA SENIOR CITIZENS SECRETARIAT

The Alberta government established this office in 1975. One of its purposes is to have available information about services and resources provided by the federal government, the Alberta government, municipalities and private agencies. The Senior Citizens Secretariat, in addition to keeping up-to-date information on programs and services, also provides resource information and advice to government and community groups, and encourages coordination in the planning and delivery of services to senior citizens.

If a local information centre is not available, questions may be directed to:

ALBERTA SENIOR
CITIZENS SECRETARIAT
Government of Alberta
10035 - 108 Street, Main Floor
Edmonton, Alberta T5J 3E1
(427-7876)

If you are outside of the Edmonton area and wish to reach the Senior Citizens Secretariat by telephone, free of charge, call the government of Alberta information number listed in your AGT telephone directory (see list below) and ask to be connected to the Senior Citizens Secretariat at 427-7876.

GOVERNMENT OF ALBERTA INFORMATION

(RITE Numbers)

Location	Number
Barrhead	674-8251
Blairmore	562-7331
Brooks	362-1211
Calgary	297-6161
Camrose	679-1211
Cardston	653-4461
Claresholm	625-3301
Drumheller	823-5740
Edson	723-8341
Fort Macleod	553-3346
Fort McMurray	743-7171
Grande Prairie	538-5121
Hanna	854-5511
High Prairie	523-6561
High River	652-8311
Hinton	865-8211
Lac La Biche	623-5211
Lethbridge	381-5151
Lloydminster	871-6411
Medicine Hat	529-3511
Olds	556-4221
Peace River	624-6181
Pincher Creek	627-3366
Red Deer	340-5111
Rocky Mountain House	845-8211
Slave Lake	849-7111
Stettler	742-7511
St. Paul	645-6212
Taber	223-7911
Three Hills	443-8511
Vegreville	632-5461
Vermilion	853-8111
Wainwright	842-7511
Wetaskiwin	352-1211
Whitecourt	778-7111

PROVINCIAL SENIOR CITIZENS ADVISORY COUNCIL

This council is appointed by the Minister of Social Services to provide advice to the government on specific policies and programs for senior citizens, and to advise about priorities and the coordination of programs.

The council is composed of representatives from the general public, the majority of whom are senior citizens, and one representative each from the Alberta Medical Association, the Alberta Hospital Association and the universities. The chairman for the council is a member of the provincial legislature.

The Senior Citizens Secretariat provides the staff services for the council.

RETIREMENT INCOME

This section deals with those federal and provincial programs which provide income to eligible persons age 65 and over, and to spouses and some low-income widowed persons. The first part explains federal programs; the second, provincial programs; and the last part deals with discounts.

FEDERAL GOVERNMENT PROGRAMS

The federal government has centralized service offices for Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and the Canada Pension Plan. All enquiries about these programs may be made through the offices listed below.

Income Security Programs district offices are at the following locations:

EDMONTON
M01 Canada Place
9700 Jasper Avenue
T5J 4C2
(420-2630 English; 420-2735 French)

CALGARY
2nd Floor
Government of Canada Building
220 Fourth Avenue S.E.
T2G 4X3
(292-5559 English; 292-5877 French)

LETHBRIDGE
Room 100
410 Stafford Drive South
T1J 2L2
(327-2155)

Toll-free Services: French 1-800-661-8828
English 1-800-661-3921

In addition to the district offices, which are open on a full-time basis, other offices are open on a part-time basis:

MEDICINE HAT
Unit 7A, 444 - 2 Street S.E.
T1A 0C3
(526-7302)
Open every Tuesday, Wednesday and Thursday, 9 a.m - 12 noon and 1 - 4 p.m.

RED DEER
Room 102
4708 Gaetz Avenue
T4N 4A1
(343-1344)
Monday — Thursday 8:30 a.m. - 4 p.m.

Representatives are available at other localities. Since the dates and times can vary, it is best to call the closest listed number to determine the schedule.

NORTHERN REGION

Athabasca	675-2243
Barrhead	674-3331
Bonnyville	826-3171
Camrose	679-1260
Castor	882-3211
Coronation	578-3970
Edson	723-3326
Grande Prairie	532-9811
High Prairie	523-4561
Hinton	865-2217
Jasper	852-4401
Lac La Biche	623-4821
Peace River	624-4484
Ponoka	783-4431
Provost	753-2434
St. Paul	645-4428

Sedgewick	633-3730
Stettler	742-4481
Vegreville	632-5453
Vermilion	853-2811
Viking	336-3466
Wainwright	842-4454
Westlock	349-3346
Wetaskiwin	352-3321

CENTRAL REGION

Drumheller	823-3365
Hanna	854-4448
High River	652-2341
Olds	555-4200
Three Hills	443-5503

SOUTHERN REGION

Blairmore	582-8118
Brooks	362-3333

Areas close to these B.C. locations can make appointments by calling the B.C. numbers listed.

Cranbrook	489-4101
Creston	428-9279
Fernie	423-6817
Kimberley	427-4831
Sparwood	425-6271

OLD AGE SECURITY PENSION

A federal benefit available to persons regardless of income or assets who are:

1. at least age 65 (you do not have to be retired);
2. legal residents of Canada;
3. have the required number of years in residence in Canada.

The monthly payment as of January 1989 is $323.28. Payments increase in January, April, July and October of each year if there is an increase in the cost-of-living index.

You must apply for this pension. If possible, send in your application six months before your 65th birthday. You must include your birth or baptismal certificate. If you do not have proof of age, the Old Age Security office will help you with this. If you were born outside of Canada, you must also provide proof of legal status as a resident of Canada.

Your first cheque will come in the month following your 65th birthday.

If you entered Canada for the first time on July 1, 1977 or later, your Old Age Security is earned at the rate of 1/40th of the regular pension for each complete year of residence in Canada to a maximum of 40 years. Proof of entry is required.

If you have 20 years residence in Canada since your 18th birthday, you can receive Old Age Security payments outside the country; there is no time limitation. If you have not lived in Canada for 20 years since your 18th birthday, you may only receive payments outside of Canada for six months; payments can be applied for again when you return to live in Canada.

A person could qualify under the Reciprocal Agreement. A Reciprocal Agreement on Social Security is an arrangement whereby two countries agree to provide equal treatment to the residents of both countries under each country's laws on social security. This enables the two countries to protect the social security credits earned by an individual in both countries. Age, residence and legal status are still qualifying factors. Minimum residence requirement is still 10 years.

Canada has agreements with the following countries: Italy, France, Greece, United States, Portugal, Jamaica, Barbados, Denmark, Sweden, Norway, Belgium, Austria, Finland, Fed-

eral Republic of Germany, Saint Lucia, and Spain. For further information, contact Income Security Programs.

Your T4 slip for the Old Age Security payments is in the form of a stub which is attached to the January cheque.

It is possible to have your cheques sent directly to your bank account each month; let the Income Security Office know the name and address of your bank and include your Social Insurance Number in the letter.

The federal government will send you a **Senior Citizens Card** approximately six to eight weeks after you receive your first Old Age Security cheque.

Application forms for Old Age Security are available at all **POST OFFICES** or at any **INCOME SECURITY PROGRAMS OFFICE.**

GUARANTEED INCOME SUPPLEMENT (GIS)

A federal government benefit available to persons who receive the Old Age Security pension and have little or no other income.

This additional benefit must be applied for every year. Eligibility and the amount of the supplement depend on your total family income in the previous calendar year (from January to December) and your marital status.

Income includes earnings, rents, interest, dividends, and amounts received under retirement plans (including Canada Pension Plan). It does not include Old Age Security, Family Allowance or War Veterans Allowance.

The maximum amount of the supplement as of January 1989 is: single, $384.19; married couple, $250.23 for each person. This supplement is added to the federal Old Age Security cheque each month.

NOTE:
Spouses living apart or separated because of reasons beyond their control (such as if one is in a nursing home or chronic care hospital) can apply to be considered as single status for the purpose of GIS. This also applies to those who have voluntarily decided to separate and who have been living apart for at least six months after the month of separation.

If the cost of living goes up, the supplement goes up in January, April, July and October.

If you leave Canada, the allowance is payable for the month of departure and six additional months. It will be reinstated when residency is resumed in Canada.

Applications for the GIS will go out in January to those who have been receiving the supplement. It is expected that the application forms will be sent out on or about January 9-10 to those receiving the maximum supplement and by the 21-22 for those receiving a partial supplement. The completed forms should be returned before March 31 in order to receive the supplement again in April.

SPOUSE'S ALLOWANCE

A federal benefit paid to spouses, from age 60 to 64, of pensioners receiving the Guaranteed Income Supplement.

To be eligible:

1. You must be the husband or wife of a person receiving the Old Age Security Pension (a common-law relationship may be recognized).
2. You must be between 60 and 65 years of age, and you must have lived in Canada at least 10 years before you apply. If born outside of Canada, you must have proof of legal status.
3. Your combined annual income, not including the Old Age Security Pension, must be less than $17,232, effective January 1, 1989 (this amount goes up from time to time).

The amount of allowance depends on your combined income in the previous calendar year. Effective January 1989, the maximum payment is $573.51 a month. Payments are increased in January, April, July and October each year if there is an increase in the cost-of-living index.

Your spouse should apply for this federal government allowance six months before his or her 60th birthday, and reapply each year until he or she becomes eligible for the Old Age Security pension at age 65. This allowance continues until age 65 even if the spouse who received Old Age Security dies.

WIDOWED SPOUSE'S ALLOWANCE

A federal benefit available to widows/widowers between the ages of 60 and 65. It is payable to the widowed spouse of either a legal or common-law marriage. This is not payable if the widow/widower becomes the spouse of another person. Persons who were divorced from a spouse now deceased cannot qualify for this benefit.

To be eligible:

1. You must be between the ages of 60 and 65; proof of age is required.
2. You must be a Canadian Citizen or legal resident in Canada.
3. You must have resided in Canada after age 18 for a minimum of 10 years.
4. Proof of marriage is required.
5. Death certificate is required.

If you leave Canada, the allowance is payable for the month of departure and six additional months. It will be reinstated when residence is resumed in Canada.

The amount of allowance depends on your income in the previous calendar year. Effective January 1989, the maximum Widowed Spouse's Allowance is $633.17 a month. The income level for January 1989 is $12,624 a year.

An application must be completed each year.

CANADA PENSION PLAN

The Canada Pension Plan is a contributory pension plan of the federal government. You may be eligible for benefits if you have paid into the plan. You should apply six months before the date when you want the pension payments to begin.

To be eligible for a CPP retirement pension, an applicant must:

1. apply for the retirement pension, unless at age 65 s/he is in receipt of a CPP disability pension.
2. have been credited with contributions to the plan in at least one year and must be either

(a) 65 years of age, or (b) age 60 or over and have wholly or substantially ceased working.

The basic pension is payable the month after the applicant's 65th birthday. The pension is equal to 25 percent of the contributor's average monthly pensionable earnings. The applicant does not have to cease employment. The applicant may take the Canada Pension any time between ages 60 and 70. The basic pension is decreased by 0.5 percent for each month between the date the pension begins and the month after the applicant's 65th birthday and increased by 0.5 percent for each month after the 65th birthday until the pension begins.

If the applicant takes the pension between ages 60 and 65, he or she must wholly or substantially cease employment or self-employment (i.e. his/her annual earnings will be less than the current maximum annual CPP retirement pension payable at age 65; in 1989 this would be about $6,675). The pension payment will not be readjusted at age 65. It will be adjusted to reflect changes in the Consumer Price Index.

If the pension is applied for between ages 65 and 70, the applicant does not have to cease employment.

Spouses in an ongoing relationship can apply to share their CPP retirement pension payments. Both must be at least age 60 and each must have applied for any CPP retirement pension to which he and she may be entitled.

The amount of the pension depends on your wages when employed and the age at which you begin to take the pension payments. Benefits to contributors include:

	1989 Maximum Benefit Rates (CPP) at age 65
1. A monthly retirement pension	$556.25
2. A monthly disability pension to persons under 65	681.23
3. A monthly benefit for children dependent on a disabled person under 65	103.02
4. A monthly spouse's pension for widows/widowers whose spouse had contributed to the plan	
– survivor under 65	311.61
– survivor over 65	333.75
5. A monthly pension for orphans	103.02
6. A death benefit	2,770.00

If you are eligible for both the Old Age Security Pension and this retirement pension, you may apply for both pensions at the same time at any INCOME SECURITY PROGRAMS OFFICE.

T4 slips for Canada Pension Plan payments are mailed separately before the end of February.

UNEMPLOYMENT INSURANCE BENEFITS

A federal program which provides for payment of a special benefit to workers when they become 65 years of age. You may be eligible for this benefit, whether or not you continue working, if you are 65 years of age and have not already received an Unemployment Insurance retirement benefit.

To be eligible you must have worked in insurable employment for at least 20 weeks in your 64th year, or since the start of your last Unem-

ployment Insurance initial claim, whichever period is shorter. Past the age of 65, a person's earnings are no longer insured. One should apply as soon as one turns 65, whether continuing to work or not.

The amount you can receive is 60 percent of the average weekly insurable earnings, to a maximum of $318 per week for a total of three weeks. For application forms or for further information, contact your local Canada Employment Centre which is listed under Government of Canada Employment and Immigration in your telephone directory.

VETERANS AFFAIRS CANADA

Benefits from the federal government available to Canadian and allied war veterans or their dependants. These benefits may also be available to other groups that were in a theatre of action.

Benefits include: War Veterans Allowance, War Disability Pensions, coverage of certain hospital and medical expenses, assistance with the cost of eyeglasses and dental care, prosthetic and surgical or medical supplies, counselling services, and some assistance with helping qualified veterans remain in their homes and communities for as long as possible (see Home Help Services, page 40). Funeral and burial grants are also available.

For information, call or visit the office of VETERANS AFFAIRS CANADA at:

EDMONTON
940 Canada Place
9700 Jasper Avenue
T5J 4C3
(420-3762)

CALGARY
Main Floor, Sam Livingston Bldg.
510 - 12 Avenue S.W.
T2R 0X5
(292-4048)

SALES TAX CREDIT

A federal sales tax credit of $50 for persons 18 and over and $25 for a child under 18 available to low-income families and single persons. This new credit was introduced in the 1986 tax return. Your net family income must not have exceeded $15,000 for the year in order to receive the full credit (families with greater net income may be eligible for a lesser credit). You must file a tax return and complete Schedule 11 even if you have no taxable income to declare. One claim is allowed per couple ($50 each). For more information, contact Revenue Canada Taxation.

PROVINCIAL PROGRAMS

ALBERTA ASSURED INCOME PLAN

A provincial allowance that is automatically paid to all Alberta pensioners who receive the federal Guaranteed Income Supplement.

The monthly amount depends on your marital status and your total income from all sources. The present maximum payment is $95 a month for single pensioners and $95 a month each for a married couple who are both pensioners. The present minimum monthly payment is $10.

You do not apply for this allowance. If you receive the federal Guaranteed Income Supple-

ment you will automatically receive the Alberta allowance. Persons receiving Spouse's Allowance or Widowed Spouse's Allowance are not eligible for this supplement.

For further information contact:

ALBERTA ASSURED INCOME PLAN
Alberta Social Services
10035 - 108 Street, 8th Floor
Edmonton, Alberta
T5J 3E1
(427-7286)

SOCIAL ALLOWANCE

A provincial financial assistance program which provides help to those who do not have enough income to meet their basic needs.

Eligibility is determined by:

1. your needs;
2. total income from all sources, including pensions;
3. assets. If you have assets of more than $1,500 (if single) or $2,500 (for a family) you will not be eligible. If you are single and employable, only $50 of this may be in cash; for a family, if the head of the household is employable, only $250 of this may be in cash. Assets include such things as cash, money in bank accounts, stocks, bonds, the cash surrender value of life insurance policies and real estate other than your own home.

For more information contact the nearest district office of Alberta Social Services (listed in local telephone directories under Government of Alberta).

ALBERTA WIDOWS' PENSION PROGRAM

A provincial financial assistance program available to widows or widowers, age 55 and over but under 65, who have a limited income or no income.

Who is Eligible?

To be eligible, the person must be an Alberta resident and a Canadian citizen, or have been granted non-permanent residency under the Immigration Act, 1976 (Canada).

Financial Benefits

The program will subsidize your income up to the maximum pension amount provided under the program's regulations.

Health Care Benefits

Available to recipients and their dependants and similar to those extended to senior citizens in Alberta. They include premium-free coverage under the Alberta Health Care Insurance Plan, the Extended Health Benefits Program and the Alberta Blue Cross Plan.

This health care coverage is effective on the date eligibility for the pension is established, **providing you are registered with the Alberta Health Care Insurance Plan.** You will automatically receive a Blue Cross card which will entitle you to receive Blue Cross benefits. These benefits will cease at the end of the second month following the date that you are no longer eligible for the Widows' Pension.

Hospital Benefits

All Albertans registered with the Alberta

Health Care Insurance Plan are entitled to insured hospital services provided under the Alberta Hospitalization Benefits Plan.

Housing Benefits

Which may be available to recipients of the Widows' Pension are the Property Tax Reduction Benefit or Renters Assistance Grant.

Recipients may also be eligible for the Seniors' Home Improvement Program or the Senior Citizens' Home Heating Protection Program.

These programs are explained in this booklet on the pages listed:

Alberta Health Care Insurance Plan	page 16
Alberta Blue Cross Plan	page 19
The Extended Health Benefits Program	page 20
Renters Grant	page 30
Renters Assistance for Mobile Home Owners	page 30
Property Tax Reduction Benefit	page 30
Senior Citizens' Home Improvement Program Extension	page 31
Senior Citizens' Home Heating Protection Program	page 31

Application forms for the Widows' Pension Program are available at most major financial institutions, provincial buildings, local information centres, or by contacting:

ALBERTA WIDOWS'
PENSION PROGRAM
Alberta Social Services
10030 - 107 Street (mailing address)
10035 - 108 Street (office)
Edmonton, Alberta
T5J 3E4

(422-4080; outside Edmonton, call your RITE operator, see page 7, and ask for 422-4080).

SENIOR CITIZENS' DISCOUNTS

See local information centres, page 3, for possible discounts in your area.

Fishing Licence

A fishing licence is not required for seniors who are 65 or over. You must carry proof of age and you still must comply with all sport fishing regulations. This free fishing does not apply in the national parks in Alberta.

National Parks

Free admission to any national park for people 65 or over. A special sticker can be obtained from the gate attendant at any national park. It must be renewed each year. You must show proof of age. For more information, call Visitor Services in Calgary, 292-4517.

Provincial Parks

One-half the daily rate is charged to campers age 65 and over for a maximum stay of two weeks. You must have proof of age and have resided in Alberta for one year. If making reservations, a $5 fee will be charged. For information, call 427-7338 in Edmonton.

Banking Discounts

Most banks offer free or reduced service charges and special types of accounts to people age 55 or over. You must inquire about discounts offered.

TRAVEL DISCOUNTS, see TRANSPORTATION page 42.

HEALTH SERVICES

ALBERTA HEALTH CARE INSURANCE PLAN

A provincial insurance plan which provides coverage for basic medical and other health care services (as outlined below). Albertans registered with the Alberta Health Care Insurance Plan also receive provincial insured hospital services (as outlined near the end of this HEALTH SERVICES section).

Persons age 65 and older, their spouses and dependants are not required to pay premiums for health insurance. If you have been registered with the Alberta Health Care Insurance Plan, you will be sent a Proof of Age questionnaire before your 65th birthday. Please complete the form and return it with a copy of your birth certificate or other proof of age. Do not send an original document, since its safe return cannot be guaranteed. Rather, submit a clear photocopy. A signed statement before a commissioner of oaths is acceptable as proof of age.

If you do not receive this form, write to the Alberta Health Care Insurance Plan and include a clear photocopy of your birth certificate or other proof of age. This will ensure that you will not have to pay the premiums for your coverage, beginning the first of the month after your 65th birthday. For information, contact the plan offices or contact your local information centre (see page 3).

Alberta Health Care Insurance Plan Offices:

CALGARY
2nd Floor
407 - 8 Avenue S.W.
T2P 1E5
(297-6411)

EDMONTON
10025 Jasper Avenue
Box 1360
T5J 2N3
(427-1432)

Senior citizens requiring general information regarding registration and cancellation of their Alberta Health Care coverage or Alberta Blue Cross coverage should call 427-1432 (Edmonton) or 297-6411 (Calgary).

BASIC HEALTH BENEFITS

The following is a list of basic health services provided under the Alberta Health Care Insurance Plan.

1. **Medically-required Services** that are provided by a physician or osteopath and listed under an approved schedule of fees.
2. Certain **Specified Oral Surgery** procedures that are provided by a dental surgeon and listed in an approved schedule.
3. **Chiropractic Services** to a maximum of $12.00 for each visit. The maximum is $300 per person in a benefit year. This includes up to $19.90 for X rays.
4. **Foot Care and Podiatric Appliances** paid according to an approved schedule of fees. Maximum is $300 per person in a benefit year.
5. Medical examinations required for **Drivers' Licences** as required by law for Albertans just prior to age 75, and as required thereafter.
6. **Eye Examinations.** Optometric services consisting of three benefits:

1) a full eye examination (including writing of a prescription and the fittings for glasses);

2) a partial examination (including two or more single diagnostic procedures); and

3) a single diagnostic procedure.

Each of the three benefits is limited to once each benefit year.

7. **Physical Therapy Services** to a maximum of $19.60 per day. No maximum is placed upon the amount paid in a benefit year for senior citizens and their dependants.

NOTES:

1. *A benefit year runs from July 1 - June 30 of the following year.*
2. *Please see the following section on PATIENT CHARGES for the extra charges you may be asked to pay.*

PATIENT CHARGES – EXTRA BILLING

Extra-billing is not permitted for any **required medical service, oral surgery or optometric service THAT IS COVERED under the Health Care Insurance Plan.**

Medical service here refers to services provided by any physician, whether a general practitioner (family doctor) or specialist, and includes laboratory tests as well as X rays and other radiology tests.

Oral surgery refers to those surgical procedures which a dental surgeon can claim from Alberta Health Care.

Optometric service refers to insured eye examinations and diagnostic procedures provided by an ophthalmologist or optometrist.

Not all services provided by physicians, dental surgeons or optometrists are insured through the Alberta Health Care Insurance Plan. The patient is expected to pay the full fee for uninsured services, and should be informed in advance of this fact.

Physicians, dentists and optometrists who extra-bill patients must opt out of the Alberta Health Care Insurance Plan. This means that Alberta Health Care will not pay any claims submitted by these health care practitioners, **OR** by their patients. The patient must pay the full amount of the charges, and can **not** be reimbursed by Alberta Health Care for any part of those charges. Patients must be informed that a practitioner has opted-out when an appointment is made.

A practitioner who is opted-in, and who is submitting claims to Alberta Health Care, may still charge the patient for certain uninsured supplies, procedures and services. In addition, there are some medical services that are not insured under the Alberta Health Care Insurance Plan, such as medical/legal advice, medical advice provided by phone, or third-party medical examinations required for insurance or employment. The charges for any of these must be paid by the patient and cannot in turn be claimed from Alberta Health Care. Discuss with your practitioner any such charges for uninsured supplies, procedures or services.

PATIENT CHARGES – NON-MEDICAL SERVICES

The extra-billing ban does **not** refer to the additional amounts you, the patient, may be charged by the **health-related practitioners** who submit claims to Alberta Health Care for the **non-medical services** they provide. These practitioners include chiropractors, podiatrists and

physical therapists. Non-medical services also refers to any care and treatment included under Alberta Health Care's special programs (Extended Health Benefits and Alberta Blue Cross Non-Group Membership).

In each of these instances, some limits are applied to the amount of insured coverage, and accordingly, in each case, **the patient may be billed directly for the balance of the fees charged beyond the maximum amount that can be claimed in any benefit period.**

TO REPORT EXTRA-BILLING

If, after any additional charges have been fully explained to you, you still have reason to believe that you have been extra-billed by an opted-in medical doctor, dental surgeon or optometrist, you should send a written complaint to Alberta Health Care. Please report all details, and include your receipt for any extra charges you have paid.

Questions regarding the additional amounts charged by a chiropractor, podiatrist or physical therapist should be addressed to the appropriate Alberta professional group to which the practitioner belongs.

TEMPORARY TRAVEL OR VISITS

1. NOTIFY ALBERTA HEALTH CARE WHEN LEAVING THE PROVINCE FOR THREE MONTHS OR LONGER.

   Please let Alberta Health Care know if you expect to be out of the province for three months or longer. Give them your expected dates of departure and return along with the reason for your absence.

   Advise Alberta Health Care again if the expected time of your return is delayed; also if a shorter absence is extended to last three months or more. Finally, contact Alberta Health Care upon your return. These steps will help to ensure you have continuous coverage.

2. CARRY YOUR CARD TO SHOW YOUR ALBERTA COVERAGE.

   When you leave Alberta temporarily, you take your Alberta hospital and health coverage along with you.

   Your up-to-date ALBERTA HEALTH CARE card is needed to show valid Alberta coverage, so it is important to carry it along when you travel.

   The costs of health services across Canada are fairly similar, and generally you are well covered anywhere in Canada - either under provincial reciprocal agreements or by submitting claims to Alberta Health Care for reimbursement.

3. SERIOUSLY CONSIDER GETTING EXTRA HEALTH INSURANCE FOR TRIPS OUTSIDE OF CANADA.

   Medical and hospital costs in some countries run much higher than in Canada. The amount paid by Alberta Health Care for any medical or hospital care you may require is based on the Alberta rates for the same or similar services.

   You are responsible for paying the difference which may run into hundreds or thousands of dollars, particularly if hospitalization is required.

   Extra health coverage for travel outside of

Canada is available to assist you in paying the additional amounts for any such higher medical and hospital charges. You can purchase this extra health protection from any of a number of private insurance companies.

You are strongly urged to consider purchasing extra health coverage when you travel or visit outside of Canada. Do be sure to carefully check what is covered by any extra health insurance you are considering, also the extent of coverage and the conditions, so that you are fully aware of exactly what protection you will have.

ALBERTA BLUE CROSS PLAN

An insurance plan which covers additional health care benefits. Senior citizens, their spouses and dependants do not pay premiums for Blue Cross coverage. When the Alberta Health Care Insurance Plan receives proof that you are or your spouse is 65, you will automatically be covered by Alberta Blue Cross. Blue Cross coverage begins the first of the month following your birthday. You will receive a Blue Cross card for Group "66." You must present this card to obtain Blue Cross benefits.

A Blue Cross benefit year is from July 1 to June 30 of the following year. Blue Cross pays the following for seniors and their dependants.

1. HOSPITAL COSTS: An allowance of up to $100 per day to apply against hospital charges remaining after government credit has been applied, when a participant is admitted to a general hospital **outside of Canada.**

2. DRUGS: 80% of the cost of prescription drugs, medications and insulin, if supplied by a licenced pharmacist on a doctor's prescription. You pay 20% of the cost. The pharmacist bills Blue Cross directly for the remaining 80% if you present your plastic "direct bill" identification card.

3. PROFESSIONAL AMBULANCE SERVICES: Alberta Blue Cross accepts liability for usual and reasonable charges of professional ambulance services to transport a patient to or from active treatment hospitals. Most ambulance operators will bill Blue Cross directly; your local ambulance service can verify exact charges and billing arrangements. For further information, please contact your nearest Alberta Blue Cross office.

For the services listed below, you pay the bill, then submit the receipt to the Blue Cross office for reimbursement.

1. REGISTERED CLINICAL PSYCHOLOGICAL SERVICES: For the treatment of mental or emotional illness, coverage is $20 a visit to a maximum of $100 in a benefit year.

2. HOME NURSING CARE: Covered up to a maximum of $200 for a family unit in a benefit year for service provided by a practical or registered nurse (not related to you) on the recommendation of your doctor.

3. APPLIANCES: On written order of a physician:
   a) artificial eyes.
   b) artificial limbs (excepting myoelectric-controlled prosthesis).
   c) braces which have a rigid support of metal or plastic, manufactured according to specifications on the written order of a physician.
   d) repairs or replacement of such appliances may also be covered.
   e) mastectomy prosthesis: 50% of the usual charge on the written order of a physician.

(The supporting brassiere is not covered by Blue Cross.)

4. DENTAL CARE: Repair or extraction of natural teeth damaged by a direct accidental external blow, if repair or extraction is done within 12 months of injury. The total cost is covered.

The Alberta Blue Cross Plan Offices are:

CALGARY
Suite 640
Rocky Mountain Plaza
615 Macleod Trail S.E.
T2G 4T8
(234-9666)

GRANDE PRAIRIE
31 Prairie Mall
11801 - 100 Street
T8V 3Y2
(532-3505)

EDMONTON
10025 - 108 Street
T5J 1K9
(428-1110)

LETHBRIDGE
Suite 470
220 - 4 Street S.
T1J 4J7
(328-6081)

MEDICINE HAT
21, 419 - 3rd Street S.E.
T1A 0G9
(529-5550)

RED DEER
Suite 125
4919 - 59 Street
T4N 6C9
(343-7008)

THE EXTENDED HEALTH BENEFITS PROGRAM

An Alberta program for senior citizens which helps pay for eyeglasses, dental care and dentures, hearing aids, certain medical and surgical supplies and rehabilitation equipment.

Coverage begins on your 65th birthday and includes your spouse and dependants. If you are not registered as a senior citizen with the Alberta Health Care Insurance Plan, see the beginning of this Health Services section for details on registration. IT IS REGISTRATION WITH THE ALBERTA HEALTH CARE INSURANCE PLAN THAT MAKES YOU ELIGIBLE FOR THIS PROGRAM.

Present your Alberta Health Care card to obtain your benefits under the Extended Health Benefits Program.

NOTE:
If the spouse over 65 dies, coverage for the surviving spouse under 65 and dependants is discontinued at the end of the second month following the month in which the death occurred.

Before you make your appointment you are advised to make sure that you are still eligible for benefits. There are dollar and time limits that Alberta Health Care must follow, and payments cannot be made for services that exceed these limits.

Also, at the very start, ask the practitioner exactly how much of the overall costs will be covered by the Extended Health Benefits Program and what you should expect to pay.

For further information about the following benefits, contact your local information centre (see page 3).

1. EYEGLASSES

The total cost of glasses is not covered. Before ordering glasses, ask the dispenser how much you must pay, how much Extended Health Benefits will pay and ask about the method of payment. There are two ways your bill can be paid:

a) Extended Health Benefits can be billed

directly for the allowed amount, and you will be asked to pay the difference between this and the total cost of the glasses.

b) You may be asked to pay the total cost of your glasses; if so, ask for a completed claim form at the dispenser's office, sign it and send it to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6. Allow at least six weeks for the refund.

When you are choosing your glasses, be sure they fit well and that you can see clearly. Once the claim has been paid on your behalf, you may not be eligible to submit another such claim over the next 36 months (three years) from the date the goods are received.

NOTE:
If you are not satisfied with your eyeglasses, ask your optometrist or ophthalmic dispenser to make adjustments. Remember, when the eyeglasses you have ordered are made, even if you refuse them or return them as unsatisfactory, payment still has to be made. Once claimed from Alberta Health Care, this is the one set you are allowed over a period of 36 months (three years).

When your eyeglasses have been adjusted to the extent that the optometrist or ophthalmic dispenser states there is nothing more to be done, and if your eyeglasses are still unsatisfactory, you could report your problem to the appropriate organization as follows:

ALBERTA GUILD OF
OPHTHALMIC DISPENSERS
Room 1140, 10830 Jasper Avenue
Edmonton, Alberta
T5J 2B3

ALBERTA ASSOCIATION OF
OPTOMETRISTS
#1, 9333 - 50 Street
Edmonton, Alberta
T6B 2L5

Although you are allowed only one pair of eyeglasses every 36 months (three years), the Extended Health Benefits Program will provide payment for one pair of distance glasses and one pair of reading glasses if you wish these in place of bifocals or trifocals. Also, a change of lenses will be paid for by the program if you have eye surgery which affects your vision, requiring a change of prescription. If your glasses are accidentally damaged, the cost of repairs can be covered, or the glasses can be replaced if they are damaged beyond repair. However, it should be pointed out that there are limits on the coverage for lenses, frames and eyeglasses.

Only the wholesale cost of the lenses is covered by the program. Therefore, you could be required to pay more than this amount. Tinted lenses are not covered, but the program will pay what it would cost for untinted lenses with the same corrections. Contact lenses are not covered by the program.

There is a limit to the amount allowed for frames. A maximum of $33 will be paid toward the cost of frames and $14.50 for dispensing. You will have to pay the difference between this and the combined cost of the frames and dispensing. Check with dispensers, as some have "discontinued" frames available at reduced prices.

To obtain reimbursement for eyeglasses, write to:

EXTENDED HEALTH BENEFITS
Alberta Health Care Insurance Plan
10025 Jasper Avenue
Box 1376
EDMONTON, Alberta
T5J 2Y6
(427-1470)

2. DENTAL CARE AND DENTURES

Before making an appointment with a dentist or denturist, ask about the method of payment and the cost.

Most dentists and denturists will bill the program directly, but there may be an additional charge not covered by the program.

In some cases, a dentist or denturist may ask you to pay the total cost, and then will provide you with a completed claim form to sign and send to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6 for a refund. There may be a difference between the amount you pay the dentist or denturist and the amount the program will reimburse you.

Benefits for filling, extraction and the repair of natural teeth as well as orthodontic work, partial dentures, full dentures, denture repairs, and denture relines come under this program.

There is a maximum benefit of $1,200 per person for dental care and dentures over any two consecutive calendar years (January 1st through December 31st). In addition, there are the following limitations, and please note that the costs of the following items combined can not exceed the $1,200 maximum limit:

a) one complete denture or reset including rebase for each arch once every 60 months (five years);

b) one complete denture reset for each arch once every 60 months (five years);

c) one partial denture for each arch once every 60 months (five years);

d) within a five-year period (60 months) it is possible to obtain a partial denture for one arch and have it replaced by a complete denture;

e) one denture reline or rebase every 24 months (two years);

f) payment for major orthodontics (straightening of teeth) with prior approval by the Alberta Dental Association and then approval by Alberta Health Care;

g) gold inlays on dentures are not covered;

h) there are restrictions for occlusal adjustments. Consult your dentist.

Except for the $1,200 maximum benefit for two consecutive calendar years, all time periods are measured from the dates the services were provided.

NOTE CONCERNING DENTURES:

It could take as long as three months for you to get adjusted to new dentures, so do not give up and begin using old dentures. If your new dentures do not seem to fit, ask your dentist or denturist to make adjustments.

Remember, when the dentures you have ordered are made, even if you refuse them or return them as unsatisfactory, they still have to be paid for. Once claimed from Alberta Health Care, this is the ONE set allowed over the period of 60 months (five years) from the date the goods are received.

If your dentures have been adjusted to the extent that the dentist or denturist states there is

nothing more to be done and your dentures are still unsatisfactory, you should write to:

(If services were provided by a dentist)
ALBERTA DENTAL ASSOCIATION
101, 8230 - 105 Street
Edmonton, Alberta
T6E 5H9

(If services were provided by a denturist)
DENTURIST SOCIETY OF ALBERTA
201, 2 Athabascan Avenue
Sherwood Park, Alberta
T8A 4E3

3. HEARING AIDS

If your hearing problems cannot be corrected by medical or surgical treatment, you may want to consider a hearing aid. The basic tests for the selection and fitting of hearing aids can be done by either a clinical audiologist or a hearing aid practitioner.

The majority of hearing aid practitioners have an agreement with the government and will bill the program directly for the total cost of the testing, the fitting and the hearing aid.

WARNING:
Some hearing aid dealers have not signed an agreement with the government, and you will not receive funding for services provided by them; ask about this before making an appointment.

Before hearing aid services are provided, the hearing aid supplier will require you to obtain a written statement from your physician indicating there is no medical reason why an aid should not be fitted. This is most important, so be sure to see your doctor. You will also be required to show your Blue Cross card with Group 6631 or 6632 classification. Be sure you have your Blue Cross card with you.

After a minimum 28-day trial period following the fitting of the aid, you will be asked to sign a certificate stating satisfaction. Payment to the supplier will not be made by the program until you have signed.

In some cases, it takes more than the 28-day trial period to judge whether a hearing aid is going to give the best results possible. It may take some time to adjust to a hearing aid. Do not hesitate to see your supplier in regard to your aid performance and an extension of the trial period.

DO NOT SIGN THE ACCEPTANCE FORM UNTIL YOU ARE COMPLETELY SATISFIED.

The supplier is paid by Extended Health Benefits to service and adjust the hearing aid and earmold, if applicable, for 12 months after the trial period. S/he will be attempting to contact you at least twice during the year in order to assess your satisfaction with the hearing aid. If you have any concerns, you should contact your supplier immediately for the necessary follow-up service.

Limitations of the program are:

a) Your hearing aid supplier will provide 12 months servicing, including repairs and parts.

b) Replacement of batteries is always at your own cost.

c) After the 12-month service period, minor repairs twice every 12 months are provided. The program will pay for factory repairs once in any six-month period following the expiry of the 12-month warranty period.

d) A hearing aid will be provided for one ear only.

e) Loss of a hearing aid before the end of a four-year period is not covered by Extended Health Benefits. You are advised to arrange for insurance to cover loss of hearing aids.

After a four-year period, if your hearing aid is no longer serviceable or the hearing impairment has changed, the program may approve another aid. Your supplier can explain the hearing aid replacement procedure.

Direct inquiries to:

William Brennan, M.A. CCCA
Audiology Consultant
Extended Health Benefits
(Aids to Daily Living)
Alberta Health
10030 - 107 Street
Edmonton, T5J 3E4
(427-0731)

4. MEDICAL/SURGICAL SUPPLIES AND REHABILITATION EQUIPMENT

These items are supplied to eligible persons who are disabled for a long term and to individuals who are chronically or terminally ill.

Seniors requiring a benefit must see a program "authorizer" registered with the Extended Health Benefits Program. Authorizers are health professionals located within your local health unit and in many hospitals, who will assess the need for benefits and complete an authorization form to order the benefits. Most items also require a medical doctor's prescription which verifies medical need for the equipment.

Benefits include: medical/surgical supplies such as ostomy products; incontinence and catheter supplies; injection supplies; urine-testing agents and dressings for certain conditions; respiratory equipment; mobility aids such as canes, walkers, and wheelchairs; environmental aids such as bath seats, patient lifters, and commodes; support items such as soft support garments and stockings; and custom-made therapeutic pressure-gradient footwear for persons with bony foot deformities. **Off-the-shelf orthopedic shoes are not provided.**

Many supplies are obtained through retail pharmacies and other suppliers. The larger equipment is purchased through the program unit and is provided on loan through a number of supply companies which will deliver the large recyclable equipment and will maintain it in good operating condition.

Program authorizers and suppliers have complete lists of all items provided and how often you can receive them. The pharmacist or supplier will bill the program directly for authorized benefits. The total cost is covered by the program. Clients will be asked by the supplier to show the Blue Cross card.

Only certain medical and surgical supplies and equipment are provided. To ensure coverage you should obtain an authorization form before you contact a supplier. The program does not reimburse people for items purchased previously.

EXCEPTION:
To obtain custom-made orthopedic footwear benefits, a specific prescription from a medical doctor may be taken directly to a specialty shoemaker or orthotist supplier registered with the program.

SPECIAL DIETS AND DIET SUPPLEMENTS ARE NOT A BENEFIT.

ARTIFICIAL EYES AND LIMBS AND RIGID METAL OR PLASTIC BRACES ARE NOT COVERED BY THE PROGRAM (See section on Alberta Blue Cross).

For further information:

EXTENDED HEALTH BENEFITS PROGRAM
(AIDS TO DAILY LIVING)
Alberta Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-7271)

COMMUNITY HEALTH NURSING

A province-wide community health nursing service offered by local Health Units. The community health nurses provide health education and counselling to individuals and groups on a diverse range of health-related concerns such as life-style, chronic disease, nutrition, retirement, aging and general health. The primary focus is health promotion.

Screening for blood pressure, hearing and vision, or a general health assessment can be done. Adult clinics are held in some areas. Immunization against certain diseases, such as annual protection against influenza, is available.

As the services offered are not the same in all areas, contact your nearest Health Unit office for more information (see listing in Appendix I).

MENTAL HEALTH SERVICES

A province-wide mental health service available to all age groups. Services offered include mental health information and education, counselling and psychiatric services.

A day hospital for older people with psychiatric problems is operated by Rosehaven Care Centre. The address is 4612 - 53 Street, Camrose, T4V 1Y6 (679-1411).

For further information, contact your nearest regional Mental Health Offices:

CENTRAL REGION
2nd Floor, 4920 - 51 Street
Red Deer, Alberta
T4N 6K8
(340-5047)

CALGARY REGION
206 Hillhurst Professional Bldg.
301 - 14 Street, N.W.
Calgary, Alberta
T2N 2A4
(297-4520)

EDMONTON REGION
5th Floor, 108 Street Bldg.
Edmonton, Alberta
T5K 2J5
(427-4444)

NORTHWEST REGION
6th Floor, Nordic Court
10014 - 99 Street
Grande Prairie, Alberta
T8V 3N4
(538-5160)

NORTHEAST REGION
9th Floor, Provincial Bldg.
9915 Franklin Avenue
Fort McMurray, Alberta
T9H 2K4
(743-7450)

SOUTH REGION
2105 - 20 Avenue
P.O. Box 60
Coaldale, Alberta
T0K 0L0
(381-5329)

ALCOHOLISM AND OTHER DRUG SERVICES

The Alberta Alcohol and Drug Abuse Commission (AADAC) provides alcohol and other drug treatment, education and preventive services for Albertans. Information regarding AADAC services can be obtained by contacting:

CALGARY
3rd Floor, Stevenson Building
1177 - 11 Avenue S.W.
T2R 0G5
(297-3028)

EDMONTON

9929 - 103 Street	OR	8944 - 182 Street
T5K 0Y1		T5P 2E2
(427-2736)		(481-3493)

GRANDE PRAIRIE
Room 2204, Provincial Building
10320 - 99 Street
T8V 6J4
(538-5214)

LAC LA BICHE
Provincial Building
9503 Beaver Hill Road
P.O. Box 1498
T0A 2C0
(623-5287)

LETHBRIDGE
Room 135, Provincial Building
200 - 5 Avenue South
T1J 4C7
(381-5183)

RED DEER
Main floor, Provincial Building
4920 - 51 Street
T4N 6K8
(340-7165)

VICTORIAN ORDER OF NURSES (VON)

A nursing service administered by voluntary boards and funded through fees for service and donations in Calgary, Edmonton, Grande Prairie, Medicine Hat and Lethbridge.

The VON provides nursing care in the home, under the supervision and authorization of your physician. This may include personal care, administration of medication, health teaching, and post-operative care such as changing surgical dressings. The VON also operates some adult day programs and foot-care clinics.

The fee for this service may be covered by government programs. Alberta Blue Cross will reimburse a senior citizen or dependant up to $200 in a benefit year. A fee based on ability to pay will be charged if you don't qualify for these programs.

For more information call your local VON office:

CALGARY
417 - 14 Street N.W.
T2N 2A1
(283-2819)

EDMONTON
204, 12230 - 106 Avenue
T5N 3Z1
(488-7256)

GRANDE PRAIRIE (and region)
9934 - 81 Avenue
Queen Elizabeth II Hospital
T8V 3T2
(538-7435)

LETHBRIDGE
419, 909 - 3 Avenue N.
T1H 0H5
(328-0033)

MEDICINE HAT (and Districts)
666 - 5 Street S.W.
T1A 4H6
(529-8025)

COORDINATED HOME CARE PROGRAM

A program, available through your local Health Unit, which provides a range of health and support services in the home to persons who require these services as a result of a medical condition which affects their ability to function independently. Health services include nursing, personal care assistance, physiotherapy, occupational therapy, respiratory therapy, speech therapy and nutrition services.

Support services, which include homemaking and other home management services, may also be supplied by the Home Care Program and are free for the first two weeks. Following the two-week free period, recipients not receiving the Guaranteed Income Supplement are assessed a fee based on a fixed hourly rate.

Recipients of the Guaranteed Income Supplement receive services from the Home Care Program free of charge.

Persons age 65 or over may be admitted to the program if they require only a support service.

Each person must be registered with the Alberta Health Care Insurance Plan to receive health services without charge. A medical authorization from the person's physician is required in order to receive any service from Home Care.

Referrals are accepted from family, friends, doctors or individuals themselves.

For information about the Home Care Program in your area, contact your local Health Unit (see Appendix I).

HOME HELP

See section entitled "Services to Help You at Home and in the Community" for information about this service. Day programs for frail and for disabled older persons may be available in your community. For information, contact your local information office (see page 3).

GENERAL HOSPITALS

Hospitals providing a range of acute care services on an in-patient and out-patient basis. Hospital benefits cover in-patient care and services at the standard ward level. You are eligible for provincial insured hospital services if you are covered under the Alberta Health Care Insurance Plan. Admission to a general hospital is arranged by your physician.

AUXILIARY HOSPITALS*

Hospitals providing skilled professional nursing and medical care to meet the needs of those who require care and treatment for an extended period of time due to chronic or recurring illnesses.

The first 60 days of care are covered by provincial hospitalization benefits, except for a charge of $6.25 a day if you have a private room. After this period, the maximum charge is $14 a day for standard accommodation, $16.50 for semi-private accommodation, or $20.25 a day for private accommodation (as of February 1, 1988).

Admission to auxiliary hospitals is based on a medical assessment of need. Your doctor must request this care for you. Alberta Health Care Insurance registration entitles you to the insured services provided by Alberta's auxiliary hospitals.

NURSING HOMES*

Residential facilities providing personal care and nursing supervision to persons with reasonably stable conditions, but who require some assistance with activities of daily living. Nursing homes may vary in size and are located throughout the province.

Nursing home residents who qualify for benefits are responsible for the following accommodation charges:

$14.00 a day for standard accommodation
$16.50 a day for double accommodation
$20.25 a day for single accommodation

The province pays for the balance of the nursing home cost if the applicant meets the following requirements:

- has lived in Alberta for three consecutive years at any time previously;

OR

- has lived in Alberta for one year immediately prior to applying and has been a resident of Canada for 10 years or more.

If an applicant does not meet the above residency requirements to be eligible for benefits, the individual must also pay the provincial subsidy.

Admission to a nursing home is based on an assessment of need. Your doctor must request this care for you.

** For more information about Nursing Home and Auxiliary Hospitals, contact the appropriate Calgary or Edmonton District Office listed under DAY HOSPITALS, your local information centre (see page 3), your local health unit (see Appendix I), or your nearest nursing home or auxiliary hospital.*

DAY HOSPITALS

Hospital programs providing the following services on a day-admission basis: medical, psychiatric, nursing and dietary services, physical therapy and occupational therapy, social work counselling, recreational activities and social opportunities.

There are five day hospital programs (three in Calgary and two in Edmonton).

Admission to these programs is based on a medical assessment of need. You must be referred by a physician. At present there is no set fee schedule. Assistance with transportation may be available.

For information contact:

CALGARY
Carewest Assessment and
Placement Service
Ste. 204, 3016 - 5 Ave. N.E.
T2A 6K4
(273-5350)

EDMONTON
Edmonton and Rural Auxiliary
Hospital and Nursing Home
District No. 24
#406, 10216 - 124 Street
T5N 4A3
(482-6925)

Youville Wing
Edmonton General Hospital
11111 Jasper Avenue
T5K 0L4
(482-8111, and ask for Geriatric Medicine)

GERIATRIC ASSESSMENT AND REHABILITATION HOSPITAL

The Edmonton General Hospital has a specialized assessment and rehabilitation program which operates on the Youville Wing's in-patient units and its day hospital.

Check under DAY HOSPITALS for address and phone number.

ALBERTA HEALTH FACILITIES REVIEW COMMITTEE

A committee of 12 appointed by the provincial government to visit general hospitals, mental hospitals, auxiliary hospitals, nursing homes and senior citizens' lodges throughout the province, for the purpose of monitoring and evaluating them on behalf of users and the public at large. The visits are unannounced.

The committee also has a mandate to investigate complaints regarding health institutions. The address is:

ALBERTA HEALTH FACILITIES
REVIEW COMMITTEE
2nd Floor, Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta
T5J 3M9
(427-4924)

HOUSING SERVICES

FINANCIAL AID FOR ACCOMMODATION

RENTERS GRANT

A provincial grant of $1,200 a year is available to you if you are 65 or over, have rented accommodation in Alberta for at least 120 days during the year and have not already claimed a homeowner refund for that year.

You must apply for this grant every year. However, application forms will be mailed in May of each year to persons who received this grant in the previous year.

A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60 and 64 years, whose deceased spouse was 65 years or older and eligible at the time of death, may also qualify for the Renters Grant. A recipient of the Alberta Widows' Pension receiving a pension or additional benefits and who is between the ages of 55 and 64 years may also be eligible.

People living in subsidized housing, such as senior citizens' apartments and lodges, are eligible for a $600 grant. Those living in nursing homes, active treatment/auxiliary hospitals or members of a housing co-operative association residing in a housing co-op do not qualify.

Application forms for this annual grant are available in June of each year at Treasury Branches, local information centres, senior citizens' housing or by contacting:

GRANTS AND SUBSIDIES BRANCH
Alberta Municipal Affairs
Box 2021
Edmonton, Alberta
T5J 2P4
(422-5974)

RENTERS ASSISTANCE FOR OWNERS OF MOBILE HOMES

A provincial rental assistance grant of $1,000 is available for those 65 and over who own and have resided in a mobile home on rented land for at least 120 days and who have not received a property tax reduction benefit. A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60 and 64 years, whose spouse was 65 years or older and eligible at the time of death, may also qualify. A recipient of the Alberta Widows' Pension receiving a pension or additional benefits and who is between the ages of 55 and 64 years may also be eligible.

Application is made on the same form as for the Renters Grant.

Further information is available at Alberta Municipal Affairs (see address under Renters Grant).

PROPERTY TAX REDUCTION BENEFITS

Provincial property tax reduction benefits are available for people age 65 or over who live in their own homes for at least 120 days during the tax year and who have not claimed a Renters Assistance Grant for that year.

The maximum property tax reduction is $1,000 or total taxes. The first part of the benefit is removal of the entire provincial education tax which the provincial government pays for everyone. Then the remainder of the $1,000 can be used to reduce property taxes up to the total amount of the tax, or to $1,000, whichever is less.

A widow or widower between the ages of 60 and 64 years, whose spouse was 65 years or older at the time of death, if he or she continues to own and live in the home, may receive this reduction. A recipient of the Alberta Widows' Pension receiving a pension or additional benefits and who is between the ages of 55 and 64 years may also be eligible.

Application forms for these benefits may be sent each year with your property tax notice, or are available at your municipal tax office in June of each year.

The completed application should be returned to your municipality. Further information is available from Alberta Municipal Affairs at 422-2118 (see address under Renters Grant).

SENIOR CITIZENS' HOME HEATING PROTECTION PROGRAM

A provincial program to assist senior citizens with home heating costs, regardless of the type of fuel used.

A rebate of $100 for each calendar year is paid directly to eligible seniors. To be eligible, seniors must own and live in their own homes for at least 120 days during the calendar year.

The rebate is available to homeowners age 65 or over. Also eligible are widows and widowers between the ages of 60 and 64 whose spouse was age 65 or over at the time of death. Those persons who are receiving the benefits from the Alberta Widows' Pension Program during the respective calendar year are also eligible.

Cheques are issued automatically to persons who have applied for and received the Alberta Property Tax Reduction Benefit. The majority of payments are mailed during January to March of the following year.

Application forms and information are available at local municipal tax offices or from:

REBATES BRANCH
Alberta Transportation and Utilities
12323 Stony Plain Road
Edmonton, Alberta
T5N 3Y9
(422-4098)

SENIORS' HOME IMPROVEMENT PROGRAM EXTENSION

A provincial program providing a grant of up to $3,000 to eligible senior citizens. The grant can be used for a wide variety of home repairs, improvements and renovations. It applies to single-family dwellings, duplexes, fourplexes, row houses, condominiums and mobile homes. You may be eligible if your total household income for the last calendar year did not exceed $23,000 and you have not yet received this grant. If you have already received the grant but less than the maximum amount, and your income has since gone down, you might be eligible for some additional grant money.

The deadline for applications under the Seniors' Home Improvement Program Extension is December 31, 1989.

YOU MUST GET THIS GRANT APPROVED PRIOR TO PROCEEDING WITH REPAIRS.

To be eligible, you must:

1. own and live in your own home for at least nine months each year;
2. have lived in Alberta for one year prior to application;
3. have at least 10 years residency in Canada and Canadian citizenship or landed immigrant status;
4. be at least 65 years of age or a widow or widower age 55 or over.

For further information, brochures and application forms, contact:

SENIORS' HOME
IMPROVEMENT PROGRAM
Alberta Municipal Affairs
11156 Jasper Avenue
Box 2453
Edmonton, Alberta
T5J 3B8
(427-5760; for toll-free, dial the Operator and ask for Zenith 22093).

HOME ADAPTATION PROGRAM

This provincial program provides a grant of $1,000 to tenants or homeowners with an adjusted family income of $25,500 or less per year, regardless of age, if they are wheelchair users or have a member of their household using a wheelchair. Landlords are also eligible to apply. The program is intended to meet the special home adaptation needs of persons who use a wheelchair on a continuous basis. Funds will be granted for permanent modifications to a home associated with improving accessibility and movement for wheelchair users within the home.

YOU SHOULD GET THIS APPLICATION APPROVED PRIOR TO PROCEEDING WITH ANY ADAPTATIONS.

Enquiries should be made directly to:

HOME ADAPTATION PROGRAM
2nd Floor, 9925 - 107 Street
Edmonton, Alberta
T5K 2H9
(427-8161)

HOUSING FOR SENIOR CITIZENS

LODGES

Accommodation providing room and board to senior citizens who do not wish to do, or cannot handle their own housekeeping.

Lodges are located throughout the province. The average lodge accommodates between 40 and 65 persons and has both single and double rooms. Furniture, drapes and linen are provided. Complete meal services in a central dining hall are provided for all residents.

Rental rate guidelines are set by the provincial government.

The maximum rates as of April, 1989 are:

$425 a month, each person, for a double room
$472 a month for a single room
$553 a month for a special room (large)

The local foundation (municipally appointed board) managing each lodge is responsible for handling applications, selecting tenants and setting the rules and regulations for the lodge.

The general admission requirements are:

1. reasonable mental and physical health;
2. Alberta residency for one year prior to application;
3. at least 65 years of age (one member of a couple must be 65 years or older).

For more information, contact your local foundation or local information centre (see page 3).

APARTMENTS

Self-contained apartments designed to provide accommodation for senior citizens at a reasonable rent.

The units are either bachelor or one-bedroom apartments with stoves, refrigerators and carpets. Lounges and laundry facilities are available in each project.

Rents in the buildings built under the present plan are based on income. A senior citizen pays 25 percent of his or her gross income in rent.

Cottages or self-contained units built prior to the present plan charge a flat rate which is considerably lower than that charged by privately owned apartments. Rates as of April 1, 1989 are: bachelor $194, one bedroom $283.

If you are a resident of Alberta and can manage your own housework, you may be eligible for a senior citizen's apartment. Since the supply of housing available is limited, priority is given to those in greatest need. Need is determined by your household income, your assets, condition of your present accommodation, the amount of your present rent and the availability of services to you.

Applications are made directly to the project management group which selects the tenants.

For more information in Calgary, Edmonton, Lethbridge and Medicine Hat, contact your local housing registry (see below).

HOMES FOR SPECIAL CARE

Privately operated lodges, licenced by the provincial government, which provide room, board and some personal care for older residents.

Admission requirements and fees are determined by the management of each home.

HOUSING REGISTRIES

Offices in Edmonton, Calgary, Lethbridge and Medicine Hat which have complete lists of senior citizens' housing (apartments and lodges) available in those cities. The registries provide information about local senior citizens' housing and may help you find private accommodation. If you live in these areas, contact:

CALGARY
Kerby Centre
1133 - 7 Avenue S.W.
T2P 1B2
(265-0661)

EDMONTON
Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3
(423-5510)

LETHBRIDGE
Information Lethbridge
Yates Memorial Centre
4th Avenue and 10th Street South
c/o City Hall
T1J 0P6
(320-3841)

MEDICINE HAT
Veiner Centre
225 Woodman Avenue S.E.
T1A 3H2
(529-8383)

If a housing registry is not available in your area, contact your local information centre or the Alberta Senior Citizens Secretariat, 427-7876, for more information.

LEARNING OPPORTUNITIES

CONTINUING EDUCATION

Credit Courses

Are offered on a tuition-free basis to persons 65 or older attending the following educational institutions (where space is available after fee-paying students have been accommodated):

Alberta Vocational Centre - Calgary
Alberta Vocational Centre - Edmonton
Alberta Vocational Centre - Lac La Biche
Alberta Vocational Centre - Grouard
Northern Alberta Institute of Technology - Edmonton
Southern Alberta Institute of Technology - Calgary

Senior citizens can now attend some other educational institutions in the province on a tuition-free basis or with a minimal registration fee. To find out if this is the case in your area, contact the registrar's office at the nearest university or college or your local information service (see page 3).

Non-Credit Courses

The University of Alberta and the University of Calgary are receiving special ministerial grants to offer non-credit learning experiences on campus called **Spring Session for Seniors**. Some fees are charged for these programs. For further details, contact the University of Alberta at **492-3116** or the University of Calgary at **220-4100**.

Other non-credit general interest programs may be available to you in your community through the local **Further Education Council**. Please contact the nearest lodge, drop-in centre or local information centre (see page 3).

Regional further education coordinators are available in some areas. If you cannot locate the coordinator in your area, you should contact the Alberta Senior Citizens Secretariat (see page 7) or:

FURTHER EDUCATION
PROGRAM SERVICES
Alberta Advanced Education
11160 Jasper Avenue
Edmonton, Alberta
T5K 0L3
(427-5624)

CONSUMER HELP

Available from Alberta Consumer and Corporate Affairs regional offices throughout the province. Offices are located in Calgary, Edmonton, Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, Peace River and Red Deer. They offer:

- consumer complaint investigation
- financial counselling
- consumer education, workshops and courses
- free information on a variety of topics

For more information about these services, contact the office nearest you. The address and telephone number are listed in your telephone directory under Government of Alberta.

For a list of available free publications, request a copy of "Publication List," from:

ALBERTA CONSUMER
AND CORPORATE AFFAIRS
Box 1616
Edmonton, Alberta
T5J 2N9

ALBERTA AGRICULTURE

Through the Home Economics Branch and the department's district home economists, home economics information and educational services are provided to rural people, particularly farm families. Current programs for farm families include: financial planning, home and farm record-keeping, food and nutrition education, protective clothing for farm workers and home-based business. Leadership development programs are available to rural/agriculture focused organizations.

Two publications of interest to senior citizens are: "Cooking for One or Two" and "Ins and Outs of Nutrition." These are available from your local Alberta Agriculture district office or:

PRINT MEDIA BRANCH
7000 - 113 Street
Edmonton, Alberta
T6H 5T6
(427-0391)

LEISURE OPPORTUNITIES

ALBERTA RECREATION AND PARKS

LOCAL RECREATION PROGRAMS

Available throughout the province. Alberta Recreation and Parks recognizes the challenge for all Albertans to develop meaningful leisure experiences that will contribute to a rich and satisfying life. The department is aware that delivery of services is best at the local or community level and therefore most activities are the responsibility of the municipal/local Recreation and Parks departments or boards.

Recreation opportunities for older Albertans includes recreation centres, arts and crafts classes and exhibitions, outdoor learning at nature centres, fitness programs, Master's categories in sports (such as swimming, badminton, tennis and golf), Alberta Senior Games every two years, participatory events in Alberta Summer and Winter Games, and tours and exchange visits.

Your local recreation department can supply you with information about local programs, activities, interest groups and workshops. Funding for facilities may be available through the Community Recreation/Cultural Grant program, administered through the municipality. Consult your telephone directory for the number of your local municipal recreation department or contact your local information centre.

PROVINCIAL SPORTS AND RECREATION SERVICES BRANCH

This Branch promotes, encourages and coordinates orderly recreation development in Alberta through a provincial system of recreation administration, facilities, participation and leadership opportunities and program development.

Services provided include consultation, information, resource materials and educational opportunities. For information, contact:

ALBERTA RECREATION AND PARKS
Provincial Recreation and
Sport Services Branch
Leisure Lifestyle Development Section
905 Standard Life Centre
10405 Jasper Avenue
Edmonton, Alberta
T5J 3N4
(427-5711)

To facilitate department services, the province is divided into regions. For information about the programs and services, you may contact the department's regional recreation consultants:

Calgary	297-6115
Edmonton	427-2019
Edson	723-8227
Grande Prairie	538-5300
High Prairie	523-6536
Leduc	986-8401
Lethbridge	381-5231
Peace River	624-6295
Red Deer	340-5115
Stettler	742-7516
St. Paul	645-6353
Stony Plain	963-2281
Three Hills	443-8500

Funding for facilities may be available through the Community Recreation/Cultural Grant Program. For information, contact your recreation consultant.

ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION (See PROVINCIAL ORGANIZATIONS FOR SENIORS)

SENIOR CENTRES, DROP-IN CENTRES AND CLUBS

Exist throughout the province. Programs vary widely. Some centres are open daily, others operate part time. In general, they offer social and recreational opportunities. Some offer services such as friendly visiting, health and information counselling, group meal services, continuing education classes, arts and crafts groups and volunteer opportunities (see "Services To Help You At Home And In The Community").

Check with the centres and clubs in your area, your local information service (see page 3), Family and Community Support Services (see Appendix II) or your local health unit (see Appendix I).

ALBERTA CULTURE AND MULTICULTURALISM

Senior citizens' groups are eligible for any of the programs or services of Alberta Culture and Multiculturalism, including any workshops, consultative services or resources and library materials.

For information regarding any cultural programs or services, contact:

ALBERTA CULTURE
AND MULTICULTURALISM
12th Floor, CN Tower
10004 - 104 Avenue
Edmonton, Alberta
T5J 0K5
(427-2568)

OR

Any of the department's field offices:

Calgary	297-3974
Grande Prairie	538-5408
Medicine Hat	529-3635
St. Paul	645-6328
Red Deer	340-5261

NEW HORIZONS

A federal government program which provides funding to groups of 10 or more retired persons to carry out projects of their own choosing for the benefit of themselves and others in the community.

Financial assistance is available to start up new activities or to expand existing activities within the community. Grants may cover expenses incurred in planning, organizing and operating activities including such items as rent, utilities, furniture and equipment, materials and supplies and minor renovations for space used. Limited funds are available for capital expenditures. Funds are not available to pay salaries to project directors or participants. The emphasis is on being involved and participating in community events, on a voluntary basis.

Some typical projects include activities at drop-in centres; community services; crafts and hobbies; historical, cultural and educational projects; information services; sports and recreation; and performing arts.

New Horizons staff is available to meet with groups considering project activities prior to the preparation of applications.

For information contact:

NEW HORIZONS
Room 850, Canada Place
9700 Jasper Avenue
Edmonton, Alberta
(495-2754; you can call collect)

SENIORS INDEPENDENCE PROGRAM

This is a new federal government program which will contribute $20 million a year to fund projects aimed at improving the quality of life and independence of Canadian seniors.

Known as the SENIORS INDEPENDENCE PROGRAM, and managed regionally by New Horizons and Health Promotion Branch offices, the new program came into effect on April 1, 1988.

Priority will be given to community groups comprised mainly of seniors, or which actively involve seniors, and to those projects that address the needs of special target groups such as older women and those in rural and remote areas.

Voluntary, non-government, non-profit groups or organizations may apply. Projects may last up to three years or may be short term, such as conferences or workshops. Community, provincial, regional or national projects will be considered.

Project applications may be for developmental programs (e.g. needs assessments), demonstration projects, resource development or information sharing and training. Potential applicants are urged to send in a one- to three-page summary of their planned project for comment by Seniors Independence Program staff, prior to writing their full application.

Provincial and local consultation will be undertaken to ensure that projects do not duplicate existing services.

Representatives of voluntary groups and agencies are invited to contact the New Horizons office to discuss possible projects under the Seniors Independence Program.

SERVICES TO HELP YOU AT HOME AND IN THE COMMUNITY

FAMILY AND COMMUNITY SUPPORT SERVICES PROGRAMS

Provincial/municipal programs available in many parts of Alberta designed to promote the general social well-being of individuals and groups of all ages by preventing or minimizing those conditions which tend to reduce personal well-being.

Through the Family and Community Support Services Programs provincial and municipal funding is provided for services of interest to senior citizens, such as senior centres, home support services and meals-on-wheels.

Most municipal Family and Community Support Services Programs have a director. Directors are knowledgeable about social and health services provided by other agencies and government departments and are aware of new program developments and funding sources.

For information about the kinds of services in your area, contact your local Family and Community Support Services director (see Appendix II) or contact:

FAMILY AND COMMUNITY
SUPPORT SERVICES BRANCH
Alberta Health
6th Floor, Donsdale Place
10709 Jasper Avenue
Edmonton, Alberta
T5J 3N3
(427-2803)

MEALS-ON-WHEELS

A service which provides one hot meal a day to senior citizens in their homes. There usually is a charge for the meals.

Meals-on-Wheels services are located in many Alberta cities and towns.

For further information, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II), or your local information service (see page 3).

HOME HELP SERVICES

Provide limited home help, chore help and home maintenance services in some Alberta cities and towns. The home help service may offer help with light housekeeping and cleaning, shopping and some personal services if you are unable to manage on your own. Chore services and home maintenance services may be available to help you with upkeep and repair work on yard and house if you are unable to do it. There usually is a charge for these services.

For information about these services, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II), or your local information centre (see page 3).

THE DEPARTMENT OF VETERANS AFFAIRS – VETERANS INDEPENDENCE PROGRAM

Provides home help such as housekeeping or grounds-keeping to certain veterans who qualify due to health, age, war service disability, War Veterans Allowance or a combination of these factors. For further information, contact the district office closest to you.

EDMONTON
District Medical Officer
Veterans Services District Office
940 Canada Place
9700 Jasper Avenue
T5J 4C3
(420-3762)

CALGARY
District Medical Officer
Veterans Services District Office
Sam Livingston Building, Main Floor
510 - 12 Avenue S.W.
T2R 0X5
(292-4820)

HOME CARE

See "Health Services" for information about the Coordinated Home Care Program.

SENIOR CENTRES

Some senior centres provide friendly visiting, group meal services, telephone-buddy calls, health counselling, information services and volunteer opportunity programs. You may wish to use their services or participate in providing the services (see "Leisure Opportunities" for information).

For information about centres, contact your local information service (see page 3), your Family and Community Support Services office or your local health unit (see Appendices I and II).

NEW HORIZONS

Funding for groups wishing to undertake a service project (see "Leisure Opportunities" for information).

FURTHER HELP

Opportunities for people needing some care, to stay for a brief period of time or to go during the day, may be available at a lodge or nursing home in their communities. Adult day programs may be available. Check with your local information service (see page 3) or your nearest health unit office (see Appendix I).

TRANSPORTATION

BUS PASSES

Available at minimal cost to people 65 years of age and older who are residents of Calgary, Edmonton, Lethbridge and Red Deer. You must supply proof of age when applying. Passes are available at the following places:

CALGARY
City of Calgary Social Services
Transportation Unit
Municipal Building, 7th Floor
800 Macleod Trail S.E.
T2P 2M5
(268-5111)

write to:
Box 2100, Station "M"

EDMONTON
City of Edmonton Transit
LRT Churchill Station (underground)
99 Street and 102A Avenue
(across from the Edmonton Art Gallery)
(428-8868)

LETHBRIDGE
Senior Citizens Centre
500 - 11 Street S.
T1J 4G7
(320-2222)

RED DEER
City Hall
City Clerk's Department
4914 - 48 Avenue
(Box 5008)
T4N 3T4
(342-8111)

SPECIAL TRANSPORTATION HELP

Available in some of the larger centres for you if you cannot use the regular transportation system. Call your local information centre (see page 3) to learn more about this service.

In smaller centres, some help with transportation may be available. Contact your local information centre (see page 3), your health unit (see Appendix I), or your Family and Community Support Services office (see Appendix II).

Alberta Transportation provides a per capita grant to cities, towns, counties, municipalities, improvement districts and incorporated villages and hamlets to aid them in developing transportation for the elderly and handicapped. The use of these funds is determined by the local government.

The Alberta Council on Aging has published a **Transportation Handbook** to assist rural areas in developing a service. This booklet is available from the Alberta Council on Aging at a small charge (see page 44 for address).

TRAVEL DISCOUNTS

Available to all older people in Alberta when proof of age is shown.

Airline Discounts: All reservations confirmed (effective for flights in Canada only).

Airlines providing discounts in fares are:
Air Canada
Canadian Airlines International.

Via Rail Canada provides a 33 percent discount.

Greyhound Bus provides a 10 percent discount on regular fares, not excursion fares.

Red Arrow Express Bus provides a 10 percent discount except on Friday and Sunday. This bus travels between Calgary, Red Deer, Edmonton and Fort McMurray.

PROVINCIAL ORGANIZATIONS FOR SENIORS

ALBERTA COUNCIL ON AGING

A voluntary organization of groups and individuals concerned with the process of aging. It works toward change on both the individual and societal level, and toward enhancement of active community participation of seniors in society.

The ACA has a board of directors, the majority of whom are senior citizens, who are elected by its membership from various parts of Alberta. The board of directors is responsible for the development of organizational policy and program strategies.

The ACA acts as secretariat for the **Interagency Council,** a group of representatives of non-governmental provincial organizations working with the elderly across Alberta. In this way it encourages communication and sharing of resources among senior groups and organizations without interfering with their autonomy.

The ACA has promoted senior involvement in areas such as health care, transportation, senior centre management, education, sports and recreation, the arts and law enforcement.

The ACA also publishes the ACA News, a current source of information on issues concerning Alberta's seniors.

Individual membership is $10 a year and includes the ACA News. Organizational membership is $25 a year and provides five copies of each issue of the ACA News and free use of the film library.

The ACA, in cooperation with the Alberta Senior Citizens Secretariat, New Horizons, and the Wild Rose Foundation, has developed a unique service to meet the changing needs of senior citizens and their organizations. This innovative program, called the Seniors Consultant Program, utilizes retired experts to assist seniors' groups with their needs in the areas of leadership development, access to resources, programming and communication.

ALBERTA COUNCIL ON AGING
Room 501, Liberty Building
10506 Jasper Avenue
Edmonton, Alberta
T5J 2W9
(423-7781)

CANADIAN PENSIONERS CONCERNED, ALBERTA DIVISION

A senior citizens' organization that concentrates its activities specifically in the area of financial concerns and problems of pensioners. They feel that those seniors' organizations whose work relates to education and who promote recreation, travel and social activities are well-developed, whereas the area of financial concern requires specialized attention.

To achieve its aims, Canadian Pensioners Concerned becomes involved in researching areas of need, irregularities, discrepancies and general financial interest related to pensioners. It monitors legislation passed or proposed and makes its findings known to whichever government is involved by briefs, presentations and lobbying.

All the work of Canadian Pensioners Con-

cerned is carried on by volunteers. Although Canadian Pensioners Concerned has been funded in the past by the federal New Horizons program, it is now completely self-supporting. Donations and contributions from members and the community are its only source of income to cover its operating expenses.

Membership is available to individuals, senior citizens' groups and senior citizens' organizations such as drop-in centres.

A newsletter is published four times a year. It informs members of benefits available and legislation affecting pensioners.

Membership fees per year are: single members $6; married couples $8; organizations $10 (this includes newsletters).

For further information contact:

CANADIAN PENSIONERS
CONCERNED, ALBERTA DIVISION
Holger Larsen, President
907, 4440 - 106 Street
Edmonton, Alberta
T6H 4X1
(436-7837)

ALBERTA PENSIONERS AND SENIOR CITIZENS ORGANIZATION

A voluntary organization composed of local chapters in Alberta. The Alberta organization was founded in 1942 in Lethbridge, and is a member of the National Pensioners and Senior Citizens Federation.

The organization is concerned about pensions and other issues affecting the elderly.

Chapters meet regularly and hold an annual meeting at which proposed resolutions are voted on and forwarded to appropriate bodies.

For further information, contact:

ALBERTA PENSIONS AND SENIOR
CITIZENS ORGANIZATION
c/o Secretary-Treasurer, Irene Newman
Box 1411
Claresholm, Alberta
T0L 0T0
(625-3175)

ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION

A volunteer action group which promotes sport, recreation and fitness development for adults age 55 and over, acts as the provincial voice and encourages and promotes participation at the local level in Alberta Winter, Summer and Senior Games. The board of directors consists of an executive and representatives from branches in eight zones across the province. The annual membership fee is $5. Among the benefits for members are a monthly magazine, $15,000 of sport accident insurance, and regular communication about province-wide events through the branch system (all for the $5 membership).

For information, contact:

ALBERTA SENIOR CITIZENS SPORT
AND RECREATION ASSOCIATION
890, 1520 - 4 Street S.W.
Calgary, Alberta
T2R 1H5
(228-1974)

LEGAL SERVICES

OMBUDSMAN

The Ombudsman of Alberta is empowered by the Legislative Assembly with the authority to investigate complaints against departments, boards and agencies of the provincial government. The only exemptions to the Ombudsman's authority are the actions of the courts, the Legislature, and government lawyers while they appear in court.

The Ombudsman's Office also functions as an information and referral resource. The size and complexity of the government can create problems for people in not knowing who or what department to contact with a specific problem. The Office of the Ombudsman serves as a liaison in these instances by conveying correct information or referring people to the appropriate person, department, or other complaint mechanism.

The Ombudsman maintains offices located in Edmonton and Calgary. People living elsewhere in the province can easily contact the Office, toll-free, through a RITE operator or by dialing "0" and asking the operator for Zenith 22422.

EDMONTON
1630 Phipps-McKinnon Building
10020 - 101A Avenue
T5J 3G2
(427-2756)

CALGARY
1080 McFarlane Tower
700 - 4 Avenue S.W.
T2P 3J4
(297-6185)

LEGAL AID

Provides legal representation for eligible individuals who will likely be called upon to repay the Legal Aid Society at a reduced rate when the case is completed.

For an appointment, contact the nearest of the following offices:

Calgary	297-2260
Edmonton	427-7575
Fort McMurray	743-7356
Grande Prairie	538-5470
Hinton	865-8239
Lethbridge	381-5194
Medicine Hat	529-3553
Peace River	624-6250
Red Deer	340-5119
St. Paul	645-6205
Wetaskiwin	352-7011

PUBLIC TRUSTEE

Can assist persons who require help with administration of wills and estates.

In CALGARY, phone **297-6541;**
In EDMONTON, phone **427-2744.**

PUBLIC GUARDIAN

Offers a legal means for a court-appointed guardian to make, or assist in making, decisions for adult Albertans who are unable to care for themselves and to make reasonable judgements in respect of matters relating to their persons.

Offices of the Public Guardian:

CALGARY
2nd Floor, Executive Place
731 - 6 Avenue S.W.
T2P 0V1
(297-3364)

EDMONTON
4th Floor, 108th Street Building
9942 - 108 Street
T5K 2J5
(427-0017)

LETHBRIDGE
501 Professional Building
740 - 4 Avenue South
T1J 0N9
(381-5648)

RED DEER
2nd Floor, Provincial Building
4920 - 51 Street
T4N 6K8
(340-5165)

STUDENT LEGAL SERVICES

Student Legal Services is a non-profit, charitable organization of law students which provides free legal information, free legal assistance as agents in criminal and civil court, to those people who do not qualify for Legal Aid and cannot afford a lawyer.

Hours of operation vary throughout the academic year.

In Edmonton, call the Administration Office at 492-2226. There are several offices in the Edmonton area.

In Calgary, call 220-6637.

LAWYER REFERRAL SERVICE

Operated by the Law Society of Alberta to help you if you can afford to pay for a lawyer, but do not know one who can help you. The service provides the names of three lawyers in a specific category. You receive the first half hour of discussion for a "nominal fee." During that time you can discuss fees and decide whether you want to use the lawyer contacted. You are charged the lawyer's full fee for any service provided. This office is located at:

LAWYER REFERRAL
SERVICE OFFICE
344 - 12 Avenue S.W.
CALGARY, Alberta
T2R 0H2
(263-5988)
(Toll-free anywhere in Alberta:
1-800-332-1110)

ALBERTA WOMEN'S SECRETARIAT

Provides the following booklets:

1. Wills and Estates for Albertans
2. A Guide to Probate Procedure

For copies of these free booklets, contact:

THE ALBERTA
WOMEN'S SECRETARIAT
Education and Communications Division
8th Floor
Kensington Place
10011 - 109 Street
EDMONTON
T5J 3S8
(422-4927)

DIAL-A-LAW

A Calgary-based telephone service which provides prerecorded information tapes on a variety of legal topics.

CALGARY (234-9022)
Toll-free (1-800-332-1091)

NOTE:
The Alberta Senior Citizens Secretariat has a paper outlining the differences between power of attorney, guardianship, and trusteeship. This is available free of charge. Contact:

ALBERTA SENIOR CITIZENS
SECRETARIAT
10035 - 108 Street
Edmonton, Alberta
T5J 3E1
(427-7876)

APPENDIX I – HEALTH UNITS AND SUB-OFFICES

Airdrie Sub-office
See Mount View Health Unit

Alberta East Central Health Unit 742-4461
Box 550
(5402 - 50 Avenue)
Stettler, T0C 2L0
sub-offices: Bashaw, Camrose, Castor, Coronation, Daysland, Galahad, Hardisty, Hughenden, Provost, Sedgewick

Alberta West Central Health Unit 723-4421
Box 1718
(5028 - 3 Avenue)
Edson, T0E 0P0
district offices: Drayton Valley, Evansburg, Grande Cache, Hinton

Athabasca Health Unit 675-2231
Box 1140
(3401 - 48 Avenue)
Athabasca, T0G 0B0
branch offices: Calling Lake, Kinuso, Lac La Biche, Slave Lake, Smith, Desmarais

Banff National Park Health Unit 762-2990
Box 1266
Banff, T0L 0C0

Barons-Eureka-Warner Health Unit 327-6507
Box 1000
Coaldale, T0K 0L0
sub-offices: Picture Butte, Raymond, Taber, Vauxhall, Warner

Barrhead District Office
See Sturgeon Health Unit

Bashaw Sub-office
See Alberta East Central Health Unit

Beaumont Sub-office
See Leduc-Strathcona Health Unit

Beaverlodge District Office
See South Peace Health Unit

Big Country Health Unit 854-3325
Box 279
(401, 3 Avenue and Centre Street)
Hanna, T0J 1P0
sub-offices, Consort, Empress, Oyen

Black Diamond Sub-office 933-4335
See Foothills Health Unit

Blairmore Sub-office 562-7378
See Chinook Health Unit

Bonnyville Sub-office
See Northeastern Alberta Health Unit

Bow Island Sub-office
See Southeastern Alberta Health Unit

Brooks Sub-office
See Southeastern Alberta Health Unit

Calgary Health Services 228-7400
Box 4016, Station "C"
(320 - 17 Avenue S.W.)
Calgary, T2T 5T1

Calling Lake Branch Office
See Athabasca Health Unit

Camrose Sub-office
See Alberta East Central Health Unit

Canmore Sub-office
See Mount View Health Unit

Cardston Sub-office 653-4981
See Chinook Health Unit

Carstairs Sub-office
See Mount View Health Unit

Castor Sub-office
See Alberta East Central Health Unit

Chinook Health Unit 553-4451
521 - 26 Street (Box 727)
Fort Macleod, T0L 0Z0
sub-offices, Blairmore, Cardston, Claresholm, Magrath, Pincher Creek

Claresholm Sub-office 625-4061
See Chinook Health Unit

Coaldale
See Barons-Eureka-Warner Health Unit

Cochrane Sub-office
See Mount View Health Unit

Consort Sub-office
See Big Country Health Unit

Coronation Sub-office
See Alberta East Central Health Unit

Daysland Sub-office
See Alberta East Central Health Unit

Delburne Area Office
See Red Deer Regional Health Unit

Desmarais Branch Office
See Athabasca Health Unit

Devon Sub-office
See Leduc-Stathcona Health Unit

Didsbury Sub-office
See Mount View Health Unit

Drayton Valley District Office
See Alberta West Central Health Unit

Drumheller Health Unit 823-3341
Box 1780
(647 - 7 Avenue E.)
Drumheller, T0J 0Y0
sub-offices: Strathmore, Three Hills

Edmonton Board of Health 482-1965
Ste. 500, 10216 - 124 Street
Edmonton, T5N 4A3

Edson
See Alberta West Central Health Unit

Elk Point Sub-office
See Northeastern Alberta Health Unit

Empress Sub-office
See Big Country Health Unit

Evansburg District Office
See Alberta West Central Health Unit

Falher Sub-office
See Peace River Health Unit

Fairview Sub-office
See Peace River Health Unit

Foothills Health Unit 652-3297
Box 638
High River, T0L 1B0
sub-offices: Black Diamond, Nanton, Okotoks, Vulcan

Fort Macleod
See Chinook Health Unit

Fort McMurray and District Health Unit 743-3232
9921 Main Street
Fort McMurray, T9H 4B4

Fort Saskatchewan Sub-office
See Leduc-Strathcona Health Unit

Fort Vermilion
See High Level-Fort Vermilion Health Unit

Fox Creek Sub-office
See Stony Plain-Lac Ste. Anne Health Unit

Galahad Sub-office
See Alberta East Central Health Unit

Grand Centre
See Northeastern Alberta Health Unit

Grande Cache District Office
See Alberta West Central Health Unit

Grande Prairie
See South Peace Health Unit

Hanna
See Big Country Health Unit

Hardisty Sub-office
See Alberta East Central Health Unit

High Level-Fort Vermilion Health Unit 926-3791
Bag 400
(105 Avenue and 103 Street)
High Level, T0H 1Z0

High Prairie Sub-office
See Peace River Health Unit

High River
See Foothills Health Unit

Hinton District Office
See Alberta West Central Health Unit

Holden Sub-office
See Vegreville Health Unit

Hughenden Sub-office
See Alberta East Central Health Unit

Innisfail Area Office
See Red Deer Regional Health Unit

Irricana Sub-office
See Mount View Health Unit

Jasper National Park Health Unit 852-4759
Box 925
(508 Robson Street)
Jasper, T0E 1E0

Kitscoty Sub-office 846-2824
See Minburn-Vermilion Health Unit

Kinuso Branch Office
See Athabasca Health Unit

Lac La Biche Branch Office
See Athabasca Health Unit

Lacombe Area Office
See Red Deer Regional Health Unit

Lamont Sub-office
See Vegreville Health Unit

Leduc-Strathcona Health Unit 467-5571
2011 Brentwood Boulevard
Sherwood Park, T8A 0X2

Home Care Office: 467-5549
340 Sioux Road, T8A 3X7
sub-offices: Fort Saskatchewan, Leduc, Devon, Thorsby, Beaumont

Lethbridge Health Unit 327-2166
801 - 1 Avenue South
Lethbridge, T1J 4L5

Magrath Sub-office 758-3331
See Chinook Health Unit

Manning Sub-office
See Peace River Health Unit

Medicine Hat
See Southeastern Alberta Health Unit

Medley Sub-office
See Northeastern Alberta Health Unit

Minburn-Vermilion Health Unit 853-5270
Box 720
Vermilion, T0B 4M0
sub-offices: Kitscoty, Wainwright

Morinville District Office
See Sturgeon Health Unit

Mount View Health Unit 275-2286
Ste. 200, Carma Building
6715 - 8 Street N.E.
Calgary, T2E 7H7
sub-offices: Airdrie, Canmore, Carstairs, Cochrane, Didsbury, Irricana, Olds, Sundre

Nanton Sub-office 646-2277
See Foothills Health Unit

Northeastern Alberta Health Unit 645-3396
Box 1468
St. Paul, T0A 3A0
sub-offices: Bonnyville, Elk Point, Grand Centre, Smoky Lake, Medley

Olds Sub-office
See Mount View Health Unit

Okotoks Sub-office 938-4911
See Foothills Health Unit

Oyen Sub-office
See Big Country Health Unit

Peace River Health Unit No. 21 624-3611
Box 69
(10015 - 98 Street)
Peace River, T0H 2X0
sub-offices: Fairview, Falher, High Prairie, Manning, Worsley

Picture Butte Sub-office
See Barons-Eureka-Warner Health Unit

Pincher Creek Sub-office 627-3266
See Chinook Health Unit

Ponoka Sub-office
See Wetoka Health Unit

Provost Sub-office
See Alberta East Central Health Unit

Raymond Sub-office
See Barons-Eureka-Warner Health Unit

Red Deer Regional Health Unit 341-2170
2845 Bremner Avenue
Red Deer, T4R 1S2
area offices: Delburne, Innisfail, Lacombe, Rocky Mountain House, Sylvan Lake

Redwater District Office
See Sturegon Health Unit

Rimbey Sub-office
See Wetoka Health Unit

Rocky Mountain House Area Office
See Red Deer Regional Health Unit

St. Albert
See Sturgeon Health Unit

St. Paul
See Northeastern Alberta Health Unit

Sedgewick Sub-office
See Alberta East Central Health Unit

Sherwood Park
See Leduc-Strathcona Health Unit

Slave Lake Branch Office
See Athabasca Health Unit

Smith Branch Office
See Athabasca Health Unit

Smoky Lake Sub-office
See Northeastern Alberta Health Unit

South Peace Health Unit 532-4441
10320 - 99 Street
Grande Prairie, T8V 6J4
District Offices: Spirit River, Beaverlodge, Valleyview

Southeastern Alberta Health Unit 526-7950
2948 Dunmore Road S.E.
Medicine Hat, T1A 8E3
sub-office: (for home care, dental, speech, environmental) 527-1136
770 - 1 Street S.E.
Medicine Hat (also for Bow Island and Brooks)

Spirit River District Office
See South Peace Health Unit

Spruce Grove Sub-office
See Stony Plain-Lac Ste. Anne Health Unit

Stettler
See Alberta East Central Health Unit

Stony Plain-Lac Ste. Anne Health Unit 963-2206
Box 210
(4905 - 47 Avenue)
Stony Plain, T0E 2G0
sub-offices: Whitecourt, Spruce Grove, Fox Creek

Strathmore Sub-office
See Drumheller Health Unit

Sturgeon Health Unit 459-6671
Box 174
(23 Sir Winston Churchill Avenue)
St. Albert, T8N 1N3
district offices: Barrhead, Morinville, Redwater, Swan Hills, Westlock, Thorhild

Sundre Sub-office
See Mount View Health Unit

Swan Hills District Office
See Sturgeon Health Unit

Sylvan Lake Area Office
See Red Deer Regional Health Unit

Taber Sub-office
See Barons-Eureka-Warner Health Unit

Thorhild District Office
See Sturgeon Health Unit

Thorsby Sub-office
See Leduc-Strathcona Health Unit

Three Hills Sub-office
See Drumheller Health Unit

Two Hills Sub-office
See Vegreville Health Unit

Valleyview District Office
See South Peace Health Unit

Vauxhall Sub-office
See Barons-Eureka-Warner Health Unit

Vegreville Health Unit 632-3331
Box 99
Vegreville, T0B 4L0
sub-offices, Holden, Lamont, Two Hills

Vermilion
See Minburn-Vermilion Health Unit

Vulcan Sub-office 485-2285
See Foothills Health Unit

Wainwright Sub-office 842-4077
See Minburn-Vermilion Health Unit

Warner Sub-office
See Barons-Eureka-Warner Health Unit

Westlock District Office
See Sturgeon Health Unit

Wetoka Health Unit 352-3337
5610 - 40 Avenue
Wetaskiwin, T9A 3E4
sub-offices: Ponoka, Rimbey, Winfield

Whitecourt Sub-office
See Stony Plain-Lac Ste. Anne Health Unit

Winfield Sub-office
See Wetoka Health Unit

Worsley Sub-office
See Peace River Health Unit

APPENDIX II – FAMILY AND COMMUNITY SUPPORT SERVICES OFFICES

Social Planning Unit 948-5907
City of Airdrie (Ext. 250)
Box 3400
AIRDRIE T4B 2B6

Alexander Indian Band 939-5887
Box 510
MORINVILLE T0G 1P0

Alexis Band 967-2225
Box 7
GLENEVIS T0E 0X0

Box 306 747-2030
ALIX T0C 0B0

Box 90 675-2623
ATHABASCA T0G 0B0

Box 1835 762-4426
BANFF T0L 0C0

Box 488 674-3341
BARRHEAD T0G 0E0

Box 120 641-3520
BASSANO T0J 0B0

Crowsnest Pass 562-8862
Box 326
(12537 - 21 Avenue)
BLAIRMORE T0K 0E0

Box 100 921-3550
BON ACCORD T0A 0K0

Box 5065 826-2120
BONNYVILLE T9N 2G3

Bag 880 362-3333
BROOKS T0J 0J0

City of Calgary, 268-5111
Social Services Department
Box 2100, Station "M"
(7th Floor, 800 Macleod Trail S.E.)
CALGARY T2P 2M5

4703 - 53 Street 672-0141
CAMROSE T4V 1Y8

Box 460 678-5597
(1900 - 8 Avenue)
CANMORE T0L 0M0

Box 370 337-3341
(1119 Osler Street)
CARSTAIRS T0M 0N0

Porcupine Hills FCSS 625-4417
Box 1297
CLARESHOLM T0L 0T0

Barons-Eureka-Warner 327-6507
Box 328
(2012 - 18 Street)
COALDALE T0K 0L0

Lakewood FCSS 639-3626
Box 87
(311 - 10 Street)
COLD LAKE T0A 0V0

Box 1511 335-9255
(2037 - 19 Avenue)
DIDSBURY T0M 0W0

City of Drumheller 823-6300
Box 430
DRUMHELLER T0J 0Y0

Box 578 746-3177
ECKVILLE T0M 0X0

Edmonton Social Services 428-5270
5th Floor, Centennial Library
7 Sir Winston Churchill Square
EDMONTON T5J 2V4

Box 1388 723-4401
EDSON T0E 0P0

Box 340 724-3800
ELK POINT T0A 1A0

Box 487 837-8311
FALHER T0H 1M0

Village of Foremost 867-3733
Box 159
FOREMOST T0K 0X0

Box 150 584-3922
FORT ASSINIBOINE T0G 1A0

Box 120 697-3674
FORT CHIPEWYAN T0P 1B0 or 3627

Box 232 553-4491
(2215 - 2 Avenue, upstairs)
FORT MACLEOD T0L 0Z0

9909 Franklin Avenue 743-7921
(3rd Floor, Jubilee Centre)
FORT MCMURRAY T9H 2K4

10005 - 102 Street (mail) 998-5151
10213 - 100 Avenue (office) or 2266
FORT SASKATCHEWAN T8L 2C5

Frog Lake Band 943-2211
Box 80
FROG LAKE T0A 1M0

Town of Gibbons 923-3331
Box 68
GIBBONS T0A 1N0

Village of Glendon 635-3807
Box 177
GLENDON T0A 1P0

Cold Lake First Nations 594-7183
Box 1769
GRAND CENTRE T0A 1T0

Box 300 827-2296
GRANDE CACHE T0E 0Y0

City of Grande Prairie 539-8909
9902 - 101 Street (mail)
10031 - 99 Avenue (office)
GRANDE PRAIRIE T8V 2P5

County of Grande Prairie 532-9722
Family Services
8611 - 108 Street
GRANDE PRAIRIE T8V 4C5

Community Services Dept. 854-4700
Box 430
(114 - 4 Avenue E.)
HANNA T0J 1P0

Box 208 926-2267
(10009 - 99 Street)
HIGH LEVEL T0H 1Z0

HIGH PRAIRIE (See Lesser Slave Lake)

Mail Bag #10 652-2307
HIGH RIVER T0L 1B0 Ext. 18 or 19

Seniors' Advisor 865-2217
Community Services Ext. 47
Town of Hinton
(813 Switzer Drive)
HINTON T0E 1B0

Box 219 356-3888
HYTHE T0H 2C0

Box 220 227-3376
INNISFAIL TOM 1A0

Box 100 935-4672
(200 - 1 Avenue)
IRRICANA T0M 1B0

Box 1090 852-3381
JASPER T0E 1E0

Kehewin Band 826-2610
Box 6218
BONNYVILLE T9N 2G8

Flagstaff FCSS 385-3976
Box 450
Toll-free in Flagstaff area: Zenith 22226
KILLAM T0B 2L0

Box 756 623-4463
LAC LA BICHE T0A 2C0

Box 1179 782-6637
LACOMBE T0C 1S0

Seniors Coordinator 986-2261
Leduc Civic Centre Ext. 131
1 Alexandra Park
LEDUC T9E 4C4

County of Leduc 986-2251
4301 - 50 Street Ext. 272
LEDUC T9E 2X3

Lesser Slave Lake 523-4441
Box 999
HIGH PRAIRIE T0G 1E0

Community Services 320-3020
Directorate
c/o City Hall
910 - 4 Avenue S.
LETHBRIDGE T1J 0P6

FCSS & Seniors Coordinator 875-9127
5116 - 50 Street
LLOYDMINSTER T9V 0M3

Summer Village of 586-2251
Ma-Me-O Beach
MA-ME-O BEACH T0C 1X0

Mannville-Minburn-Innisfree 763-3005
Box 534
MANNVILLE T0B 2W0

Social Planning Dept. 529-8311
Community Services Division
580 - 1 Street S.E.
MEDICINE HAT T1A 8E6

Box 270 387-4554
MILLET T0C 1Z0 or 5111

c/o Connie Brooks 788-2415
Box 96
MIRROR T0B 3C0

Town of Morinville 939-4361
Box 420
MORINVILLE T0G 1P0

Box 910 646-2436
NANTON T0L 1R0

O'Chiese Indian Band 989-3943
Box 1570
ROCKY MOUNTAIN HOUSE T0M 1T0

Box 220 938-4404
(14 McRae Street) Ext. 16
OKOTOKS T0L 1T0

Box 189 556-6981
(4911 - 51 Avenue) Ext. 16
OLDS T0M 1P0

Community Services 624-1000
Box 1062
PEACE RIVER T0H 2X0

Box 2841 627-2232
PINCHER CREEK T0K 1W0
Wed. only 11:30 to 4:30

Box 241 783-4462
(5004 - 49 Avenue)
PONOKA T0C 2H0

Senior Needs Association 753-2280
Box 758 (Provincial Bldg.)
PROVOST T0B 3S0

Social Planning Department 342-8100
Box 5008
(4914 - 48 Avenue)
RED DEER T4N 3T4

Box 404 (Provincial Bldg.) 843-2030
RIMBEY T0C 2J0

Town of Rocky Mountain House 845-3720
Box 1509
ROCKY MOUNTAIN HOUSE T0M 1T0

Saddle Lake Senior Citizens 726-3829
Recreation Centre
Box 100
SADDLE LAKE T0A 3T0

5 St. Anne Street 459-1512
St. Albert Place
ST. ALBERT T8N 3Z9

Box 1480 645-5311
ST. PAUL T0A 3A0

Samson Band Community 585-3793
Services, (Ext. 121)
Box 159
HOBBEMA T0C 1N0

Strathcona County 464-4044
205 Athabascan Avenue
SHERWOOD PARK T8A 4C8

Lakelands FCSS 849-5325
Box 858
(SLD Building)
SLAVE LAKE T0G 2A0

City of Spruce Grove 962-2611
410 King Street Ext. 135
SPRUCE GROVE T7X 2Z1

Box 361 644-3839
STANDARD T0J 3G0

Box 2097 742-2337
(4702 - 50 Avenue)
STETTLER T0C 2L0

Box 156 934-5335
(208 - 2 Avenue)
STRATHMORE T0J 3H0

Sunchild Band Administration 989-3740
Box 747
ROCKY MOUNTAIN HOUSE T0M 1T0

Box 705 638-3220
(Bay 5, 200 Main Avenue)
SUNDRE T0M 1X0

Box 607 333-4303
(Town of Swan Hills
Municipal Building)
SWAN HILLS T0G 2C0

Box 70 887-2141
SYLVAN LAKE T0M 1Z0

TABER (See Coaldale) 223-4403

Box 330 933-4944
TURNER VALLEY T0L 2A0

Box 687 657-3540
TWO HILLS T0B 4K0

Box 809 632-3966
(4829 - 50 Street)
VEGREVILLE T0B 4L0
Home Services Program 632-3954

Box 688 336-4024
VIKING T0B 4N0

Box 360 485-2192
VULCAN T0L 2B0

Box 1391 842-2777
(824 - 4 Avenue)
WAINWRIGHT T0B 4P0

WARNER (see Coaldale) 642-3737
9936 - 107 Street
T0K 2L0

Box 1266 349-5900
(9936 - 107 Street)
WESTLOCK T0G 2L0

5010 - 50 Avenue 352-6023
WESTASKIWIN T9A 0S4

Wetaskiwin County 352-3321
Box 6960 (Ext. 106)
WETASKIWIN T9A 2G5

WHEATLAND (see Standard)

Box 509 778-6300
(5002 - 52 Avenue)
WHITECOURT T0E 2L0

Box 300 325-3782
(4930 - 51 Avenue)
WILDWOOD T0E 2M0

PERSONAL RECORDS

NAME _____

ADDRESS _____

DENTAL CARE _____

TELEPHONE NUMBER _____

SOCIAL INSURANCE NUMBER _____

ALBERTA HEALTH INSURANCE NUMBER _____

MED AID SECURITY NUMBER _____

PERSON TO CONTACT IN CASE OF EMERGENCY

NAME _____

ADDRESS _____

PHONE NUMBER _____

Home _____

DOCTOR'S NAME _____

PHONE NUMBER _____

LAWYER'S NAME _____

PHONE NUMBER _____

BANK

NAME _____

ADDRESS _____

PHONE NUMBER _____

DRUGGISTS _____

CLINIC AND CENTRE _____

CLERGY _____

WEDDING / BIRTHDAY

YOURS _____ _____

PERSONAL RECORD

NAME _____

ADDRESS _____

POSTAL CODE _____

TELEPHONE NUMBER _____

SOCIAL INSURANCE NUMBER _____

ALBERTA HEALTH INSURANCE NUMBER _____

OLD AGE SECURITY (PENSION) NUMBER _____

PERSON TO CONTACT IN CASE OF EMERGENCY:

NAME _____

ADDRESS _____

PHONE NUMBER

Home _____ Work _____

DOCTOR'S NAME _____

PHONE NUMBER _____

LAWYER'S NAME _____

PHONE NUMBER _____

BANK

NAME _____

ADDRESS _____

PHONE NUMBER _____

DRUGSTORE _____

CLUBS AND CENTRES _____

_____

CLERGY _____

EMERGENCY TELEPHONE NUMBERS

POLICE _____ AMBULANCE _____

Alberta

SENIOR CITIZENS SECRETARIAT